



Fort Sam Houston

News Leader[®]



Vol. 37, No. 10

Fort Sam Houston — Home of Army Medicine

March 11, 2004

Briefs

418th Med Log Company Change of Command, tomorrow

The 418th Medical Logistics Company will hold a change of command ceremony tomorrow, 10 a.m. in the Consolidated Motor Pool, Bldg. 2378. Outgoing commander is Capt. Corey Daughtrey, incoming commander is Capt. Pablo Rivera, Jr. For information, call 221-0973.

Transition Services Office closes, relocates

The Transition Services Office, which includes the Transition Center, Casualty and Mortuary Affairs, Retirement Services and Active Duty Retirements, has moved from Bldg. 2267 to Bldg. 2263. The office is closed now through March 12 and will reopen March 15 in Bldg. 2263, room 200. For emergencies, call 221-0051. Handicap parking is available at the south rear end of the building.

AUSA Luncheon, March 25

Sgt. Maj. of the Army Kenneth O. Preston will be guest speaker at the AUSA Luncheon, March 25, noon at the NCO Club. Preston was sworn as the 13th Sergeant Major of the Army on January 15, 2004.

FSHISD Regular Board Meeting, March 31

The FSHISD Regular Board Meeting will be held March 31, 11 a.m. at the FSHISD Professional Development Center, 1908 Winans Road.



Flight Captain retired Air Force Maj. Gen. Bruce Smith, Stinsons Flight #2, Order of the Daedalians, Lt. Col. Michael Drumm, president, Alamo Chapter of the Army Aviation Association of America and U.S. Army retired and former Army aviator, Brig. Gen. Charles Canedy place the traditional commemorative wreath at the "Birthplace of Military Aviation" marker honoring Benjamin Foulois.

Ceremony commemorates 94th anniversary of first military flight

Story and photos by Esther Garica
Fort Sam Houston Public Affairs

A wreath laying ceremony held March 2 at the post flagpole commemorated the first military flight by 1st Lt. Benjamin Foulois 94 years ago on the grounds of historic Fort Sam Houston. The Stinsons Flight #2, Order of the Daedalians, and

the Dibrell Chapter, Army Aviators Association of America, sponsored the annual ceremony. The solemn ceremony recognizes the courage and pioneering spirit of the first Army flyers and the important role that San Antonio played in the early days of aviation.

The ceremony began with the posting of the colors by members of the Special

Troops Battalion Color Guard and the playing of the national anthem by the Army Medical Command Band. Master of ceremonies, Flight Captain retired Air Force Maj. Gen. Bruce Smith, Stinsons Flight #2, Order of the Daedalians, then asked the audience to join him in the pledge of allegiance. Stinsons Flight

See **Ceremony** on Page 3

Enlisted Soldiers to soon find out assignments via e-mail

By Sgt. 1st Class Marcia Triggs
Army News Service

The Human Resources Command will be using the Internet as a means to maintain up-to-date information on enlisted Soldiers to help them choose assignments and manage their careers.

In early March, HRC will begin notifying Soldiers of their next duty assignment within 90 days of their departure, by e-mailing the information to their Army Knowledge Online e-mail addresses. Other Web based initiatives include:

- Sending e-mails that acknowledge

receipt when Soldiers update their assignment preferences on Assignment Satisfaction Key, known as ASK the Web assignment preference page.

- E-mail reminders will also be sent out to get Soldiers to update their contact information (home address and telephone number) 90 days after arriving at their new duty station. Then Soldiers will be reminded to update their assignment preferences on ASK after being stationed stateside for 24 months, and 18 months for those overseas.

Out of 407,000 enlisted Soldiers, who have already graduated from Initial Entry Training, 292,660 Soldiers have

visited the ASK Web site so far, said HRC officials. Soldiers can be anywhere in the world and update their preferences thru the Internet, officials added.

"The Army is going through a cultural change. We are giving privates career information before their chain of command finds out," said Brig. Gen. Howard Bromberg, the director of Enlisted Personnel Management Directorate, HRC. "We will continue to change our policies as necessary to support the global war on terror and a joint and expeditionary Army."

Commanders will still find out about Soldier assignments through traditional

means, but the HRC-GRAM, formerly known as the PERSGRAM, that is sent to Soldiers through the mail will be phased out. Soldiers will be able to find out about assignments through e-mail notification or by calling an Interactive Voice Response System at 1-800-FYI-EPMD.

ASK was first introduced to Soldiers two years ago. However, this will be the first time Soldiers will have access to view key personnel information that is used by assignment managers when considering a Soldier for assignment, officials said.

See **Enlisted** on Page 4

Proposed fiscal 2005 budget boosts DoD housing program

By Gerry J. Gilmore
American Forces Press Service

The Defense Department is set to replace all of its substandard military family housing units by 2009, a senior DoD official told a congressional committee March 3.

The proposed fiscal 2005 DoD budget "allows the department to stay on track to eliminate nearly all of its inadequate military family housing units by FY 2007, with complete elimination by 2009," noted Philip W. Grone in prepared remarks for the House Subcommittee on Military Construction. He is principal

deputy undersecretary of defense for installations and environment.

Out of its \$401.7 billion fiscal 2005 budget proposal, Grone noted DoD is requesting \$4.2 billion to construct, operate and maintain military family housing. That money, he said, represents a \$200 million increase over last year's budget.

And the \$1.6 billion slated for family housing construction in fiscal 2005 is \$400 million more than last year's budget, Grone pointed out, and will be used for both traditional, military-sourced construction projects and those provided by privatization agreements.

"Our current plans are to privatize a

cumulative total of over 136,000 units by the end of FY 2005," Grone said, noting DoD expects to privatize more than 59 percent of its existing family housing in the continental U.S. and territories by then.

Using privatization for military family housing projects, Grone pointed out, "speeds fixing our inadequate housing in comparison to the traditional military construction process" while providing a quality product.

"Our current plan is to privatize the majority of our CONUS family housing," he said.

Grone said the number of inadequate

military family housing units across DoD dropped from 180,000 in 2001 to 120,000 in 2003.

And by the end of FY 2005, Grone noted, "we will have reduced the number of inadequate housing units to roughly 61,000."

DoD is also committed to "help service members who live off base to afford good quality housing and improve their options," Grone declared.

Therefore, he said, the proposed DoD budget request "includes necessary funding to ensure that the typical service member living in the private sector will have zero out-of-pocket housing expenses."

Deployed troops can earn guaranteed 10 percent interests on savings

By **Sgt. 1st Class Marcia Triggs**
Army News Service

A Department of Defense program helps deployed troops tuck up to \$10,000 of their income away and earn a guaranteed 10 percent interest on their savings annually.

Troops can participate in the Savings Deposit Program if they are assigned outside the United States and receiving Hostile Fire and Imminent Danger Pay. Service members must serve 30 consecutive days in that assignment before making deposits into the fund.

“We have our Soldiers start the program while in theater,” said 1st Sgt. Edward

Menke, from 125th Finance Battalion, Schofield Barracks, Hawaii. Soldiers from the 25th Infantry Division (Light) out of Hawaii are currently serving in Iraq and Afghanistan. Menke said that when he informs Soldiers and their families of the benefits of the Savings Deposit Program he tells them to look at their bank statements. If they are earning less than 10 percent interest on their savings, he tells them to look into the program.

“Spouses are really receptive to the program,” Menke said. “Their savings will earn a guaranteed 2.5 percent interest quarterly.”

Nearly 10,000 Soldiers are currently

participating in the program, said Roger Castillo, the program manager for the Savings Deposit Program. The last day to make a deposit into the fund is the date of departure from theater. However interest will accrue up to 90 days after redeployment unless a withdrawal is requested, according to a DFAS fact sheet.

Service members can contribute more than \$10,000, but interest will not accrue on any amount over the cap, Castillo said. If the account exceeds \$10,000, the service member may make quarterly withdrawals, until his eligibility to make deposits terminates. Then he must withdraw the remaining funds in its entirety, the fact sheet stated.

Withdrawing the money before redeploying is not authorized unless, the service member needs to make an emergency withdrawal. Emergency requests must be for the heath and welfare of a member or his family member, and must be substantiated by a written request from the member’s commander, Castillo said.

DFAS will post the SDP balance of active-component members to their Leave and Earnings Statement.

The fund was started in August 1990 for members who were serving in the Persian Gulf Conflict, and Soldiers fighting in Operation Iraqi Freedom were added to those eligible to participate in 2003.

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Rd., Suite 4, Fort Sam Houston, Texas 78234-5004, telephone (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., The Herald Newspaper Group, 17400 Judson Road, San Antonio, Texas 78247, telephone (210) 453-3300, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston public affairs office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a floppy disc accompanied by hard copy, by noon Monday.

**Army Medical Department
Center and School and
Fort Sam Houston
Commander**
Brig. Gen. Daniel F. Perugini

Garrison Commander
Col. Garry Atkins

Public Affairs Officer
Phillip Reidinger
Editor
Yolanda Hagberg
Layout Artist
Taryn Smith



Flight Captain retired Air Force Maj. Gen. Bruce Smith, Stinsons Flight #2, Order of the Daedalians, presents U.S. Army retired Brig. Gen. Charles Canedy, former Army aviator and keynote speaker, with a plaque.

Keynote speaker, U.S. Army retired Brig. Gen. Charles Canedy receives a commander's coin from Col. Garry Atkins, U.S. Army Garrison commander, for his participation at the 94th anniversary of the first military flight ceremony held March 2 at the post flagpole.

Ceremony

Continued from Page 1

Chaplain Maj. John Beebe provided the invocation.

Smith said, "It is my honor to help remember a most significant event in military aviation history, the first solo flight by a military officer in a military-owned aircraft." Before the keynote speaker was introduced, Smith explained what the ceremony was about.

He related that on these very grounds, 94 years ago today, 1st Lt. Benjamin Foulois climbed onto the small seat of a Wright Flyer labeled "Aero-Plane Number 1" and made military aviation history. While Foulois was a certified dirigible pilot and had ridden in a Wright Flyer as a passenger in Maryland with Orville Wright, he had never flown an airplane solo.

Tasked by the Army Chief Signal Officer to 'crate-up Aero-Plane Number 1, take plenty of spare parts, go to Texas and teach yourself to fly,' Foulois was then given a budget of \$150 for repairs and three mechanics. Corresponding with the Wright Brothers in Dayton, Ohio, Foulois obtained both assembly and flying instructions at Fort Sam Houston. On March 2, 1910, he made his first takeoff, first solo, first landing and first crash. His first flight was 100 feet in the air at a speed of 50 miles per hour for a whop-

ping seven minutes. The ceremony commemorates that historic event.

Lt. Col. Michael Drumm, president of the local Chapter of the Army Aviation Association of America, the Dibrell Alamo Chapter, introduced the guest speaker U.S. Army retired Brig. Gen. Charles Canedy. "Canedy is the JEB Stuart of Air Cavalry. He organized and trained one of the first two divisional air cavalry troops. He organized, trained, deployed, and fought one of the Army's first three separate Air Cavalry Squadrons in Vietnam. He was the first commander of the 6th Cavalry Brigade (Air Combat)," Drumm said.

Drumm highlighted Canedy's distinguished military career, which included assignments with the 1st Armored Division at Fort Hood, Texas, where he received orders to organize an air cavalry troop and to be prepared to fight if the division received the order to invade Cuba. He scrounged cast off Air Force and Navy weapons, mounted them on H-13s and UH-1As, trained the troop and planned its deployment.

In 1964 Canedy was summoned by the Pentagon to help develop an Army position paper that laid the doctrinal groundwork for the employment of air cavalry and attack helicopter units in support of the ground commander's scheme of

maneuver.

As director of Army Aviation, Canedy was responsible for the UH-1 fleet. In this job he was the primary action officer to gain approval of an Army purchase of the Bell AH-1 Cobra. In 1967 Canedy was selected to organize the 1st Air Cavalry Squadron. Due to his success, the squadron was selected to be the first in Vietnam to be equipped with the AHBIG Cobra. In 1973 he took command of the 2d Brigade (Air Cavalry), 1st Cavalry Division (TRICAP). Upon successful completion of the Air Cavalry Combat Brigade tests, it was renamed the 6th Cavalry Brigade (Air Combat) and was assigned to III Corps, Fort Hood, Texas.

Canedy culminated his military career at Fort Sam Houston as chief of staff for Fifth Army.

Drumm introduced Canedy as, "a Soldier, a warrior, a leader, a master Army aviator and an Army aviation pioneer."

Canedy welcomed fellow aviation friends, fellow Daedalians, and friends of Fort Sam Houston to the ceremony. Approximately 150 people attended the event despite the drizzle of rain throughout the ceremony. "I am proud to be here, and there is no story I like telling than the story of Ben," began Canedy.

Canedy related to the audience how Foulois ended here at Fort Sam Houston

94 years ago. The Wright brothers offered the government to buy or bid on an airplane. At first the war department expressed no interest but then President Teddy Roosevelt intervened and said we should go for it.

The Wright brothers, who eventually won the contract, met the requirements that the plane travel 125 miles at an average speed of 40 miles per hour. Eventually Foulois was ordered to report to Fort Sam Houston with the Aero-Plane Number 1, build a hanger and learn to fly, which eventually led to Foulois' historic flight. Canedy did say that the crash was caused by a fuel line that broke, which caused the 36 engine horsepower to stop operating. He said Foulois made 61 successful flights here at Fort Sam Houston.

Canedy also talked about Lt. George Kelly, the first military pilot killed in an airplane, for which Kelly Field was named. "There is so much aviation history here in San Antonio," said Canedy. He concluded his remarks by saying that for those of us not under cover, it is raining, and he suggested to the flight captain an orderly retreat to the mess hall.

The ceremony concluded with the placing of the commemorative wreath at the Foulois marker, birthplace of aviation history, in honor of 1st Lt. Benjamin Foulois.

Army treating hundreds of leishmaniasis cases

By Karen Fleming-Michael
Army News Service

A little-known parasite that causes chronic, festering sores will be returning home with some of Operation Iraqi Freedom's warfighters.

Cutaneous leishmaniasis, which affects the skin, is caused by a sand fly bite that deposits the parasite that eventually causes weeping sores that don't heal as quickly as regular sores.

"The majority of these are lesions on the face or on the hands over joints. So in the short term, it's just not pleasant to have a lesion that won't heal potentially for up to a year - and some of these get quite large," said Lt. Col. Peter Weina, a "leish" expert at the Walter Reed Army Institute of Research. "In the long term, the problem is the scarring, which can be disfiguring if it's on the face and can limit movement of the hands if it's over a joint."

Iraq's sand flies are most active during warm nights from March to October, so troops on the move during Operation

Iraqi Freedom were right in the middle of "Sand fly Central."

"In the march up to Baghdad, people would literally fall asleep on their HUMVEE or out in the middle of the desert, so we had enormous amounts of exposure in the evenings in areas where there were a lot of sand flies," said Col. Alan Magill, another of Walter Reed Army Institute of Research's experts on leishmaniasis.

Leish experts suspected the disease was going to be a problem for troops, but until Weina arrived in theater to serve with the 520th Theater Army Medical Laboratory, they didn't know just how big the problem was. Initially sent to look for weapons of mass destruction, Weina's team also looked for common diseases in the area, like leish, to see what risk they posed to warfighters. By April 2003, fears were confirmed.

"We found sand flies in the area and started testing them and found some extraordinary infection rates in the flies," he said. "We expected to find maybe one

tenth of one percent of the sand flies to be infected with leishmaniasis, and we were finding two percent of the sand flies were infected in some locations."

Finding that many infected sand flies meant a huge increase in the potential number of cases, so Weina and his team went into full prevention mode.

"We went to units and talked to everyone from the commander on down to the private. They needed to know that the best thing to do with this disease was to prevent getting it in the first place," he said. "We did everything from stand-up comic routines out in an opening in the middle of tents, all the way to full briefings in conference rooms."

Though travel was hazardous, Weina's message to the audiences he reached was simple: Wear DEET insect repellent so sand flies don't bite; use permethrin, a pesticide, on uniforms to keep sand flies away; and sleep under mosquito nets that have been treated with permethrin. The discovery of the leish problem coincided with the war, so getting the word out on the disease wasn't easy, Weina said.

"I tried to get the attention of the brass above me ... but their concerns weren't about the guys sleeping under bed nets but making sure they weren't going to get killed."

He and his team also talked to the medical professionals in the area so they'd be on the lookout for leish. "The problem is that some (lesions) look like any other type of sore that you may have with a bacterial infection, but they just don't get better," Weina said. "We treated with antibiotics first. Then if the antibiotics failed, we considered leishmaniasis."

So far, more than 500 cases of leishmaniasis have been diagnosed. Magill said he hedges when he's asked how many total cases to expect.

"The simple answer is: I don't know. But if you extrapolate, you're probably looking at the 750 to 1,250 range. It could be higher."

Because the disease is difficult to diagnose without a lab and experts equipped to look for it, all leish smears



During Common Task Training, Soldiers are evaluated on basic military knowledge in 10 military subjects to include land navigation, weapons, communication, and nuclear biological chemical tasks. Proper techniques for handling and throwing hand grenades are among several common tasks Soldiers must successfully perform. Soldiers also must complete manual patient carries and negotiate a 3-mile road march.

Combat medics challenged by Common Task Testing

Story and photo by Spc. Roman Kubyskovskyy
232nd Medical Battalion

The Soldiers of D Company, 232d Medical Battalion met the challenge of third training week Common Task Testing Saturday morning. Soldiers complete a series of common tasks, manual patient carries, and negotiate a 3-mile road march.

The 232d Medical Battalion cadre focuses their effort and time on educating Soldiers on the basic knowledge and skills needed to operate successfully in any environment. “We attempt to provide as much stress on the Soldiers when they are doing the most basic of tasks,” stated 1st Sgt. Raymond Price, first sergeant of D Company, 232d Medical Battalion.

When Soldiers are placed in a combat environment they face many stresses that ultimately impact on the decisions they make. The training is designed to allow Soldiers to recognize those stressors they may encounter in a combat situation. This type of battle-focused training is the cornerstone of battalion training events.

During the training, Soldiers are evaluated on basic military knowledge in 10 military subjects to include land navigation, weapons, communication, and nuclear biological chemical tasks. The Soldiers perform most tasks in a field environment while battle sounds are playing loudly in the background to add realism.

When the students were asked if they thought the training was valuable, Pvt. Adam Bagley, a D Company student stated, “it (the training) was great training and being in the prone for most of the day made the training more realistic.” Capt. Alejandro Gonzales, commander of D Company stated, “This training is one the first steps the Soldier medics take toward building the knowledge and skills necessary to complete the scenario based road march during the May field training exercise.”

Enlisted

Continued from Page 1

“It is important that Soldiers look at their personnel information to ensure it is correct. If it needs to be updated they need to contact their local personnel office,” Bromberg said.

The more accurate information career managers have on a Soldier, the higher the success rate will be in finding an assignment that’s right for the Soldier and the Army, Bromberg said. However, Bromberg added that just because the Army is listening to its young Soldiers, that doesn’t mean that they’re going to always get what they ask for. In assigning Soldiers, the focus is combat readiness, Bromberg added.

Where Soldiers are assigned is only a piece of the Army’s stabilization puzzle, Bromberg said. The other parts include

the Army’s new Manning System, Force Stabilization which consists of unit focused stabilization and home-basing. Home-basing will require initial-term officers and enlisted Soldiers to stay at their first duty station for an extended tour of up to six or seven years.

“These initiatives are about unit over self,” Bromberg said. “We’re still taking care of Soldiers and getting them the training and care they need. But we’re focused on getting units stabilized so they can do the mission at hand.”

An example of the needs of the Army coming before assignment preference is: a Soldier serving in Korea who was told that he could go to Fort Hood, Texas, when his tour is over, as part of the program HAAP (home base/advance assignment program). But if during the

Soldier’s tour, overriding Army mission requirements determine that the Soldier is needed elsewhere, then their HAAP can be renegotiated. Enlisted personnel assignment managers work with the Soldier, but may, based on the requirements of the Army, assign the Soldier to a new location.

“We’re not getting rid of the program, but people think that if we give them an advance assignment, they are guaranteed that assignment,” Bromberg said. “What we’re saying is that we will try to meet requirements, but we may change, based on the needs of the Army.”

Every single Soldier is needed somewhere in the Army, whether it’s as an instructor, drill sergeant, recruiter or in a rifle platoon in a deploying unit,

Bromberg said. Every skill is important, he added.

In the future, HRC also plans to expand its Web initiatives and get away from using Department of the Army form 4187, Personnel Action Request.

“We still get 4187s up here, signed by the company commander, and after it goes through everybody in the chain of command, it gets here with seven pieces of paper attached to it. We want to eliminate all of that,” Bromberg said.

The vision is to have a Soldier volunteer for an assignment electronically. If requests can go up and back down all electronically, the process can be cut from 90 days to 14 days, Bromberg said. The technology is there, he added, and it can be done.

Army

Continued from Page 3

are currently sent to the Walter Reed Army Institute of Research for confirmation. The institute, in fact, has the only leishmaniasis lab in the country that is accredited by the College of American Pathologist and is operated in accordance with the Clinical Laboratory Improvement Act.

The ability to deliver a diagnosis lets the lab cross the boundary that typically exists between research and health care, Magill said. “Though the (institute’s leishmaniasis) research program was eliminated (in 1996), the lab was maintained for just the scenario being played out today,” he said.

Many of the leish researchers, like Weina and Magill, are also caregivers at the only U.S. military hospital where the treatment for leish can be offered, the Walter Reed Army Medical Center. Because the drug of choice used to treat the most severe cases was never submitted to the Food and Drug Administration for its approval, the drug must be offered as an investigational new drug, which means following strict research protocols and keeping meticulous records when the drug is given. The drug, sodium sti-

bogluconate (Pentostam), is hardly “new,” as it’s been used for over 50 years to successfully treat leish.

Treatment typically consists of an outpatient regimen of receiving the drug intravenously daily for 20 days, though the type of leish acquired in Iraq, leishmaniasis major, responds in 10 days.

The volume of patients who need treatment has challenged both the institute and the hospital named after Walter Reed, Weina said.

“This is really the largest outbreak in the history of the military since World War II. I know for a fact that Colonel (Naomi) Aronson (the doctor who kept the hospital’s IND current) has brought her sleeping bag to her office so she can sleep there if she needs to,” he said. “We’ve never been set up to be able to treat this many cases.”

To put the current leish outbreak into perspective, Magill said that for Operations Desert Shield and Storm, the official number of leishmaniasis cases was 32.

“When you’re treating 30 to 40 cases a year at the most, it’s no big deal having the patients come to Walter Reed Army Medical Center to be treated,” Weina

said. “But having 400 in a couple of months, now there’s a problem.”

Weina and Magill are traveling to posts with large numbers of returning troops -- like Fort Campbell, Ky.; Fort Hood, Texas; and Fort Carson, Colo., -- to let the troops and the medical professionals there know what to look for.

“The only problem is, like with most of tropical medicine, the expertise to make the diagnosis is not well distributed. To physicians and lab technicians at Fort Campbell, this is not something many of them have seen in their entire careers,” Magill said.

The leish experts are also looking at other treatment options for patients, including freezing the lesions or using a device that uses heat to kill the parasite.

“There’s a good biologic rationale for it (heat therapy) to work and some data that we’ve seen that says it works, but we are reluctant to recommend a treatment when there’s been no experience.” Fifteen patients at Walter Reed are currently enrolled in a study see if the thermal device works, and results should be available by March.

At the hospital, Magill has seen patients who have more than 30 lesions,

patients with lesions up to 3 inches in diameter and patients with nodular lesions that look like tumors. The good news, he said, is the lesions do heal, even without any treatment. The bad news is healing can take up to a year without effective treatment.

“In the natural history of these lesions, if you do nothing, even for the worst lesions, they will get better,” he said. “But cosmetically this is very damaging. If you’re walking around with some of these big lesions on your face, psychologically there’s a big impact there. This is an operationally acquired disease, and it’s our job to address that.” Treating the lesions is important to the troops and their families, Weina said.

“The American public sees Johnny come marching home from the war, and Mom and Dad aren’t thrilled about this nasty weeping lesion that’s on his face that might be there for a year. They want it to go away,” he said. “Even though it’s not contagious, it’s still a stigma that they’d rather not have.”

Note: Karen Fleming is a staff writer for the Fort Detrick, Md. Standard newspaper.



Photo by Kelly Schaefer
Chairman of the City Council Military Affairs Committee, Councilman Carroll Schubert, is greeted by Brooke Army Medical Center's Deputy Commander of Administration Col. Frederick Swiderski and Commanding General, Brig. Gen. C. William Fox, Jr., Feb. 25, in the command suite's conference room prior to heading out on the tour of the facilities.



Photo by Kelly Schaefer
Sgt. 1st Class David LeCroy, chief ward master for the Brooke Army Medical Center Burn Ward, explains the steps for rehabilitating a burned patient including fitting a face mask via laser imaging, during the Feb. 25 San Antonio City Council visit to the hospital.



Photo by Kelly Schaefer
Members of the San Antonio City Council and the Economic Development staff pose in front of the Brooke Army Medical Center.

San Antonio City Council and Economic Development staff get BAMC tour



Photo by Kelly Schaefer
Chief of Emergency Medicine Services, Dr. Bruce Adams, points out the features of Brooke Army Medical Center's Emergency Room to members of the San Antonio City Council. Adams talked about the relationship between the city of San Antonio and the Trauma Consortium made up of BAMC, Willford Hall Medical Center and University Hospital.

The way ahead, our Army at war relevant and ready

By **Gen. Peter J. Schoomaker**
Army Chief of Staff

Our Army is serving a Nation at war. This war requires that all elements of our national power be applied in a broad, unyielding, and relentless campaign. This campaign will not be short; it will require deep and enduring commitment. Our Army is a proud member of the Joint Force expertly serving our nation and its citizens as we continuously strive toward new goals and improve performance. Our individual and organizational approach to our duties and tasks must reflect the seriousness and sense of urgency characteristic of an Army at war. Our Soldiers and our nation deserve nothing less. This is not business as usual. The purpose of this document is to provide the reader with a short guide to the Army’s Way Ahead. It explores how we will obtain a more relevant and ready campaign-quality Army with a Joint and Expeditionary Mindset. My intent is to communicate the Army senior leadership’s view of how the Army will fulfill its mission to provide necessary forces and capabilities to the Combatant Commanders in support of the National Security and Defense Strategies. I encour-

age you to become familiar with the ideas presented here so that you can contribute to improving our Army. Are you wearing your dog tags?

Immediate Focus Areas

The Senior Leadership of the Army has established the following immediate focus areas to channel Army efforts on winning the Global War on Terrorism and increasing the relevance and readiness of the Army.

The Focus Areas are:

The Soldier - Develop flexible, adaptive and competent Soldiers with a Warrior Ethos.

The Bench - Prepare future generations of senior leaders. Identify and prepare select Army leaders for key positions within joint, interagency, multinational and Service organizations.

Combat Training Centers/Battle Command Training Program - Focus training at CTC and BCTP to meet requirements of current security context, and Joint and Expeditionary team.

Leader Development and Education - Train and educate Army members of the Joint Team.

Army Aviation - Conduct a holistic review of Army Aviation and its role on

the Joint battlefield.

Current to Future Force - Accelerate fielding of select Future Force capabilities to enhance effectiveness of Current Force. Army transformation is part of constant change.

The Network - Leverage and enable interdependent, network-centric warfare.

Modularity - Create modular, capabilities-based unit designs.

Joint and Expeditionary Mindset - Retain our campaign qualities while developing a Joint and Expeditionary Mindset.

Active Component /Reserve Component Balance - Redesign the force to optimize the active and reserve component (AC/RC) mix across the defense strategy.

Force Stabilization - Ensure unit stability and continuity, and provide predictability to Soldiers and their families.

Actionable Intelligence - Provide situational understanding to Commanders and Soldiers with the speed, accuracy and confidence to impact current and future operations.

Installations as Flagships - Enhance Installation ability to project power and support families.



Gen. Peter J. Schoomaker
Army Chief of Staff

Authorities, Responsibilities, and Accountability - Clarify roles and enable agile decision-making.

Resource Processes - Redesign resource processes to be flexible, responsive and timely.

Strategic Communications - Tell the Army Story so that the Army’s relevance and direction are clearly understood and supported.

Focus: ‘TF Soldier’ focuses on warrior readiness

By **Joe Burlas**
Army News Service

This article is the first of a weekly series that will examine the 16 focus areas outlined by Army Chief of Staff Gen. Peter Schoomaker.

While inculcating the Warrior ethos into all Soldiers of both the active and reserve components is one of their top priorities, so is ensuring that all deploying members of the Army team are properly trained and equipped, according to members of a Fort Benning task force.

TF Soldier, a subordinate organization of Fort Benning’s Infantry Center, has been charged by the chief of staff of the Army to analyze Soldier training, equipment and readiness needs for fighting the global war on terrorism and coordinate with other Army organizations to implement programs and policies to meet those needs.

“The Soldier” is one of the focus areas the Army will be directing its

resources toward in a systematic and deliberate way in coming years,” said Army Chief of Staff Gen. Peter J. Schoomaker during October’s Association of the U.S. Army annual meeting.

The Warrior ethos statement contained within the new Soldier’s Creed -- “I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade.” -- is a key aspect of The Soldier focus area, said Brig. Gen. Benjamin C. Freakley, chief of Infantry and Fort Benning’s commanding general.

“This is about shifting the mindset of Soldiers from identifying what they do as a Soldier -- ‘I’m a cook, I’m an infantryman, I’m a postal clerk’ -- toward ‘I am a Warrior’ when people ask what they do for a living,” Freakley said.

The Soldier’s Creed helps Soldiers understand that despite very diverse backgrounds, all Soldiers are warriors and members of a team, Freakley said.

The creed is also about changing the Army culture, by encouraging it to examine its beliefs from a

warrior’s perspective and checking that the Army produces and retains Soldiers of value to the nation, he said.

While Freakley said he had a hand in helping to develop the warrior ethos and Soldier’s Creed, he credited the work of dozens of others, including a warrior ethos task force created by former Army Chief of Staff Gen. Eric K. Shinseki that recommended valuable background information in developing the Soldier’s Creed.

“The Soldier’s Creed training is being implemented throughout the Army, including pre-commissioning instruction, basic training and officer basic courses,” said Lt. Col. Peri Anest, TF Soldier operations officer. Schoomaker includes instruction on the Soldier’s Creed when he talks to each pre-command course for officers preparing to take battalion, brigade or higher commands, Anest said.

TF Soldier is helping to ensure that needed clothing and equipment for deploying Soldiers and Department of the Army civilians are issued in a timely manner. Those items include things like moisture wicking undergarments that help prevent chafing in a desert environment, wrap-around sunglasses and hydration systems.

“In the past, Soldiers would have to go off post and buy things like this off the shelf from a commercial vendor,” Anest said. “Under

the Rapid Fielding Initiative, we are working with Program Executive Officer Soldier to identify clothing and equipment not normally in the Army system and get it into the system. Ideally, these items will become part of a Soldier’s basic issue that he carries with him from post to post during his career – similar to what the Special Forces Soldiers do today with much of their gear -- but that will be an issue for the Army Clothing Board to decide.”

While much of the new equipment is getting to deploying active, Reserve and National Guard units prior to their departure from home station, some of it may be issued weeks or even months after those units arrive in theater.

“I have to warn you about raising false expectations,” said Brad Tesch, a TF Soldier operations specialist. “We have a variety of vendors with different production lines producing at varying speeds. That means we are playing catch up with some of the items.”

“Until enough of the RFI equipment is produced to field it to all Soldiers in the Army, TF Soldier and PEO Soldier are working with Headquarters, Department of the Army G-3 to prioritize which units get the equipment first and when,” Anest said.

“Other TF Soldier efforts include identifying 40 individual and 10 collective warrior tasks in which all Soldiers will remain proficient. Those tasks include react to a grenade attack, evacuate a wounded or injured Soldier, avoid an ambush and conduct a convoy operation. Training and Doctrine Command is currently working to ensure the tasks are included in enlisted and officer initial entry training courses,” Anest said.

Fort Sam Houston Spring Clean Up set for April 5-6

Spring Clean Up will begin April 5-6. During this week, both military and civilian post residents should concentrate efforts on the appearance of areas adjacent to their work places and assigned areas of responsibility as outlined in the FSH Regulation 420-2. This includes cleaning of parking lots and family housing area in accordance with the latest area of responsibility map sheet.



Camp Bullis training site conference, April 15

A Camp Bullis Users’ Conference will be held April 15, 7:30 a.m. to 4:30 p.m. at the Camp Bullis Theater, Bldg. 5900. Lunch will be from noon to 12:45 p.m. Tours will be from 1-3:15 p.m. The conference will offer the opportunity to meet the staff, and learn more about the Camp Bullis training experience through workshops and tours. Workshops and training include Range Cards, Risk Management, RFMSS 2002, Fire Department, ECHO/Motorpool, and more. For information or to register, call 295-7686, 295-7616 or 295-7510 or e-mail Alba.Correa@samhouston.army.mil.

Fort Sam Houston Newcomers’ Extravaganza set for March 30

The Garrison Commander invites all Fort Sam Houston residents, especially newcomers to the Fort Sam Houston community, to the Newcomers’ Extravaganza on March 30, 9 a.m. at the Roadrunner Community Center. Everyone--soldiers, civilians, and family members--will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings, registrations, and social activities. This Extravaganza is the official “Newcomers’ Orientation” for Fort Sam Houston. Commanders and supervisors are encouraged to allow soldiers and civilian employees administrative time to attend. Children are welcome and special treats and strollers are available will be provided. Attendance is mandatory for permanent party inprocessing Soldiers in rank of lieutenant colonel and below within 60 days of their arrival. For information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

OCSC seeks scholarship and welfare applicants

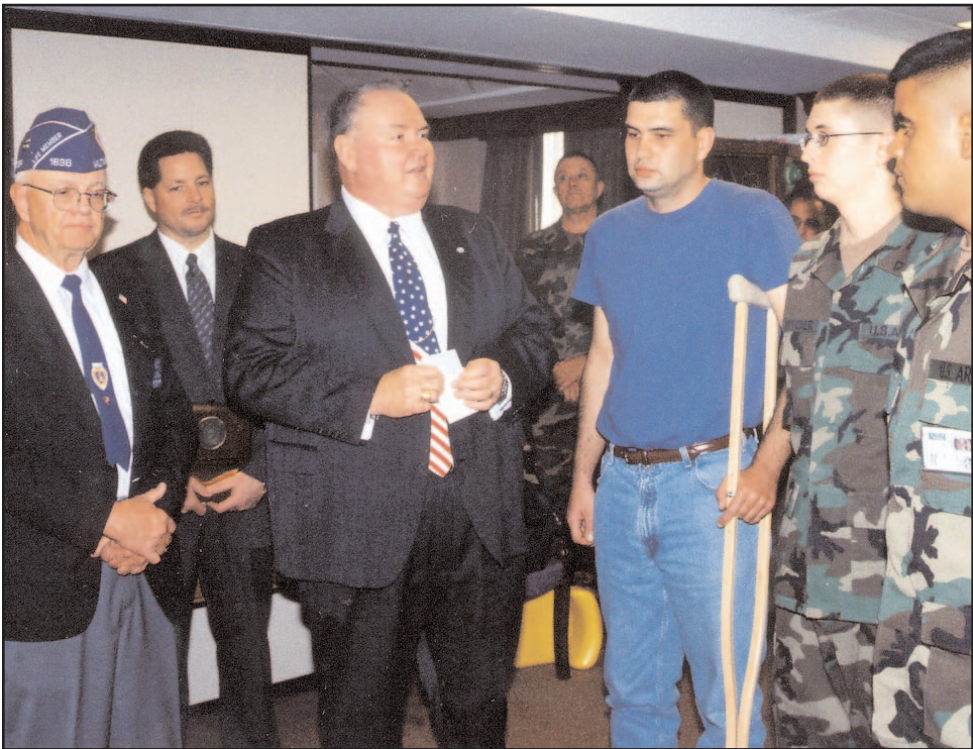
The Fort Sam Houston Officer & Civilian Spouses Club announces the 2004 scholarship and welfare applications are now available. Scholarships are available for high school seniors, undergraduate and spouses’ applications (Spouses must be members of the OCSC as of December 2003 to be eligible). All public and private high schools have been sent applications and students can obtain them through their counselor offices. Home-schooled students, undergraduates and spouses may obtain applications by calling Jane Carter at 224-9298. Welfare applications may be obtained at the FSH Officer’s Club or the Roadrunner Community Center. All non-profit organizations that support the welfare of the Armed Forces at FSH and Camp Bullis are eligible to apply for welfare funds. Application deadline is April 5.

Army Community Service Family Advocacy Program March Class Schedule

Class	Dates	Time
Anger Management Awareness	12	11 a.m. to 12:30 p.m.
Basics of Breastfeeding	17	10:30 a.m. to Noon
Boys Only! Ages 6-8	17	3-4 p.m.
Ages 9-10	31	3-4 p.m.
Building Effective Anger Management Skills	18, 25	11 a.m. to 12:30 p.m.
(B.E.A.M.S.) Thursday Classes		
(Series 1-4) Friday Classes (Series 1-2)	19, 26	11 a.m. to 12:30 p.m.
Commanders’ Training	25	8-9:30 a.m.
Conflict Management	22	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth	13	9 a.m. to 5 p.m.
Saturday Marathon!!		
Girl Talk! Ages 9-10	24	3-4 p.m.
Healthy Pregnancy	22	Noon to 3 p.m.
Helping Us Grow Securely	16, 23, 30	9-11 a.m.
(H.U.G.S.) Playgroup		
Parenting with Love and Logic	18	9:30 a.m. to Noon
(ages 0-12)		
Stress Management I & II	16, 23	1-2 p.m.
Teen Talk	18, 25	4-5 p.m.
New Series (1-2)	23, 30	4:30-5:30 p.m.
Your and Your Baby	24	8 a.m. to Noon
Saturday Marathon!!	27	9 a.m. to 5 p.m.
Note: To sign up for classes or for more information, call ACS Family Advocacy Program at 221-0349/2418.		



Military Order of the Purple Heart Chapter 1886 Commander Pete Bishop presents a plaque to Sysco president Bill Fisher and vice-president Chris Lloyd, recognizing the company's donations to the Fort Sam Houston Soldier and Family Assistance Center.



Jim Evetts, Community Activities Business Center director, accepts a \$500 donation from Pete Bishop, Military Order of the Purple Heart Chapter 1886 commander, on behalf of the Fort Sam Houston Soldier and Family Assistance Center operated by the installation Army Community Service. The Military Order of the Purple Heart will make a total donation of \$2,000 to the center.

Soldier and Family Assistance Center recognized by community

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs

The Military Order of the Purple Heart Chapter 1886 recently recognized Sysco Distributors for multiple corporate donations of products to the installation Soldier and Family Assistance Center. During the

past weeks Sysco contributed snack foods, juices, paper products, and coffee to the center for Soldiers assigned to Brooke Army Medical Center Medical Hold Company and their visiting families.

Pete Bishop, MOPH Chapter 1886 commander, also presented a first installment check of \$500 for a total contribution

of \$2,000 to help fund center operations. The center provides a meeting place for Soldiers and their families, operates communication services, and offers recreational activities for Soldiers.

Army Community Service coordinators Connie Fretwell and Judith Markelz get lots of help from post and community vol-

unteers, who assist Soldiers with special requests while they are undergoing treatment and rehabilitation at the medical center. To date, center volunteers have helped Soldiers and their families with more than 3,000 requests for assistance. For more information, call Judith Markelz at 221-0946.

Fifth U.S. Army commander receives NEISD recognition

Story and photo by
Master Sgt. Christopher Allbright
Fifth Army Public Affairs

The North East Independent School District recognized one of its distinguished graduates in a brief ceremony at the district’s headquarters on Monday before its monthly board meeting.

Commanding General of the Fifth U.S. Army, Lt. Gen. Robert T. Clark, was a 1966 graduate of Douglas MacArthur High School. Clark was commissioned as a second lieutenant in 1970 after graduation from Texas Tech University. He served his nation in combat in Vietnam and in Operation Desert Storm, and has served during times of peace in assignments throughout the world. Currently, he commands one of the two Continental United States Armies. Fifth U.S. Army’s area of responsibility encompasses 21 states west of the Mississippi River and is involved with training and mobilization activities among other missions.

MacArthur H.S. principal Wendell Watson presented Clark with a plaque. Student cadets from the district's Army Junior Reserve Officer Training Corps programs also greeted Clark. High schools represented were: Churchill, Lee, MacArthur, Madison, Reagan and Roosevelt.

“I’m proud to be a MacArthur graduate,” Clark told the assembled students, teachers and district officials. He spoke directly to the Army JROTC cadets and told them that they were receiving good leadership training opportunity.

Cadets who spoke with Clark at an informal reception said it was inspiring to meet someone from the local area who had such a distinguished, successful career serving the nation.

“It’s an honor to meet someone who was once in the same position that I’m in, and has gone on to where he is now,” said Austin Cole, a MacArthur junior. “It makes me think, ‘Well, if he can do it, then I can, too.’”

MacArthur senior Juan Ortega said that he wants to join the Army, and meeting the general was motivating. “Seeing the general was an honor and it inspired me, because I’d like to become a helicopter pilot.”

The school district has been recognizing graduates who have excelled in public service or business for about 15 years, according to Chrissie Kolb, a NEISD community relations specialist.



Fifth U.S. Army Commander, Lt. Gen. Robert T. Clark greets cadets with MacArthur High School principal Wendell Watson at the NEISD headquarters March 8.

Wilford Hall Periodontics department seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base is seeking additional patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, family member of a retiree, or family member of active duty service member and have been recently determined by a dentist to have an existing periodontal condition.

Eligible patients must obtain a written consult from their referring dentist. This consult may be faxed to “Attention, Periodontics” at 292-7928, or brought to the MacKown Dental Clinic during normal business hours to be scheduled for a periodontal evaluation appointment.

Patients will be selected for treatment based on the needs of the periodontal training program. The Department of Periodontics provides treatment of the gums and bone support of the teeth and does not schedule appointments for fillings, braces, crowns, or bridgework. For more information, call 292-4773.

DMRTI congratulates its top 2003 award winners

By Capt. Veronica Gordon
DMRTI, Fort Sam Houston

The mission of the Defense Medical Readiness Training Institute (DMRTI) is to coordinate, evaluate and develop joint medical readiness training initiatives with a focus on evolving doctrine and joint operational requirements. DMRTI conducts and facilitates selected joint medical training programs to prepare DoD medical personnel for a wide range of military operations and deployments. Staffed by professionals from the Army, Navy and Air Force, the command is located at Fort Sam Houston, Texas.

DMRTI recently recognized their top personnel for each category for 2003:
Company Grade Officer of the Year
Lt. j.g. Willie A. McCoy, U.S. Navy, Department of Academic Support Officer in Charge

McCoy is responsible for academic validation of the command's courses. This includes curriculum review through the Army's Automated Systems Approach to Training system, course evaluation program, continuing education programs, faculty/staff management and evaluation programs, command registration and support program and survey development program.

McCoy enlisted as a hospital corpsman



from 1987 to 2001. He earned a Bachelor of Science in Business Management, Park University in 2000. He was selected for an in-service procurement program commission in the Medical Service Corps, United States Navy Reserve in November 2000. He assumed the position at DMRTI in February 2001.

McCoy distinguished himself by developing and managing a \$49,500 directorate budget plan. He coordinated and maintained all of the Scantron equipment and eListen and ParScore software contracts for evaluation and testing programs.

Senior Noncommissioned Officer of the Year
Master Sgt. Carlos G. Rodriguez, U.S. Air Force, Department of Academic Support Superintendent

Rodriguez is the focal point on the development, application and execution of student registrar, Staff and Student Support Branch and the Curriculum Support Branch. He is the unit's sole Reserve liaison, who coordinates and establishes Reserves' training programs within DMRTI to utilize Reserve and Guard personnel in the support and training of the Joint Reserve and Active Duty Medical Readiness Training programs.

Rodriguez enlisted as a medical technician in June 1989. He earned an Associate of Applied Science degrees in Allied



Health Sciences in 1994 and in Instructor Technologies and Military Sciences in 2001 through the Community College of the Air Force. He was awarded a Bachelor of Science degree in Occupational Education from Wayland Baptist University in 2003. He assumed the position at DMRTI in October 2001.

Rodriguez distinguished himself by initiating the coordination and scheduling of a Mobile Training Team from N382, Pensacola NAS Florida to conduct an Instructor Training Course for unit members, increased capability by 14 cadres, command saved \$12K in TDY funds.

Noncommissioned Officer of the Year
Staff Sgt. Esteban Salazar, U.S. Air Force, Department of Education & Training, Senior Instructor

Salazar responsibilities include to educate and train allied forces health officers on the principles of combat casualty care and field medicine in a simulated combat environment.

Salazar enlisted in 1994 as a production manager and cross-trained to a medical technician in 1997. He is an U.S. Air Force Paramedic currently attending a local college in pursuit of a Bachelor of Science degree. He assumed the position at DMRTI in August 2001.

Salazar distinguished himself by creating and implementing an Education and



Training Program for the development and certification of instructors. He established training standards for instructor quality; structured indoctrination and syllabus; and revived the neglected process tenfold.

Servicemember of the Year
Senior Airman Maria T. Pineda, U.S. Air Force, Department of Education & Training Combat Casualty Care Operations, Camp Bullis Instructor

Pineda coordinates operational and logistical support for more than 1,800 tri-service and allied forces health officers in a simulated combat environment. She conducts field operations and facilitates training for categories Level I and II medical care training exercises.

Pineda enlisted in August 2000 as a medical technician. She was assigned to DMRTI, Camp Bullis in May 2003. Pineda was recently awarded certification as a nationally registered emergency medical technician. She also obtained advanced medical skills by completing the Basic Trauma Life Support course.

Pineda distinguished herself by coordinating more than 30 presenters and facilitators for the Combat Casualty Care course, ensuring all logistical support was adequately arranged. She provided instruction and certification to more than 700 students from various units conducting rappel operations.



DMRTI to host course June 21-25, 2004

The Defense Medical Readiness Training Institute will host the Homeland Security Medical Executive Course at the Hilton Austin Airport in Austin, Texas. Course information is available at www.dmrty.army.mil.

Delivering Excellence...
Throughout the World

Saudi

Iraq

Japan

- **EDUCATION**
- **EXPERIENCE**
- **TEAMWORK**

No matter where the setting or the location, assistants enhance the delivery of quality dental health care and are critical members of the dental team. The role of dental assistants has evolved over the years, with assistants now involved with many aspects of a dental practice.

Honduras

March 7-13, 2004 has been designated by the American Dental Assistants Association, along with the U.S. Army Dental Command, the American Dental Association, the Canadian Dental Association and the Canadian Dental Assistants Association, as the perfect time to acknowledge and recognize the versatile, multitasked member of your dental team-your Dental Assistant.

This message is promoted by the American Dental Association's Council on Dental Practice in cooperation with the U.S. Army Dental Command, the American Dental Assistants Association, Chicago, IL, the Canadian Dental Association and the Canadian Dental Assistants' Association, Ottawa, Ontario.

Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip, or chew. Become one of our graduates and earn your "wings."

Health Promotion Center, Ward 3 West, BAMC, 916-3352/5538

Family Readiness Group Leadership Team Workshop

The Family Readiness Group Leadership Team Workshop will be held Friday, March 12, 8 a.m. to 4 p.m. at the Roadrunner Community Center, Bldg. 2729 on Stanley Road.

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, 1st Sgt.'s, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community & Family Support Center, and Army Community Service.

Agenda	
8-8:30 a.m.	Registration
8:30-9:15 am.	Introduction/FRG Overview
9:15-10 a. m	Leadership for Effective FRGs
10-10:10 a.m.	Break
10:10-10:40 a.m.	Building Your FRG - Getting Started
10:40-11:20 a.m.	Building Your FRG - Volunteers
11:20-11:45 a.m.	Building Your FRG - Making Contact
11:45 a.m. to 12:30 p.m.	Lunch
12:30-1:15 p.m.	Running the FRG - Communications
1:15-1:45 p.m.	Running the FRG - Special Events
1:45-1:55 p.m.	Break
1:55-2:30 p.m.	Running the FRG - Money Matters
2:30-3 p.m.	Running the FRG - JAG
3-3:30 p.m.	The FRG - Bringing it All Together
3:30-3:50 p.m.	Workshop Wrap-up
3:50-4 p.m.	Certificates

Pre-registration is required and class size is limited. For reservations and information, call the Mobilization and Deployment Office in ACS at 221-2705.

The next scheduled workshops are scheduled for April 9 and May 14.

Army Family Team Building offers classes

Level I Classes

The Army Family Team Building Level I classes will be held March 23, 8:45 a.m. to 3 p.m. in the Roadrunner Community Center, Bldg. 2729.

- Family and Military Expectations (Great Expectations!)
- Impact of the Mission on Family Life
- Military Terms, Acronyms (Break the Code!)
- Military Customs & Courtesies
- Basic Problem Solving (Show me how to fix it!)
- Introduction to Military/Community Resources
- Supporting Your Child's Education
- Chain of Command/Chain of Concern (Who's in charge?)
- Benefits, Entitlements & Compensation

For information, call the AFTB Office at 221-2705/2418. Registration deadline is March 19.



How safe are low-carbohydrate diets?

By 2nd Lt. Susan Campbell,
BAMC Dietetic Intern

Today there are many popular diets that people claim help them to lose weight. One diet that receives much press is the low-carbohydrate, high-protein diet. Many Americans swear by this diet and claim to have lost unbelievable amounts of weight on it.

This diet strictly limits the amount of carbohydrates to less than 100 grams daily, allows unlimited amounts of protein, without restricting the amount of dietary fat consumed.

Many people enjoy this because they can consume as much meat and fat, as they desire. However, there is some evidence that this diet may have negative impacts on the body and may not be the most efficient way to lose weight.

Carbohydrates are a necessary part of a healthy diet because they give the body the energy it needs for physical activity and to keep the organs working correctly.

Disadvantages to the low-carbohydrate diet

Low-carbohydrate diets limit the amount of foods that one can consume. This can discourage dieters about losing weight because of the fact many must abstain from some of their favorite foods.

Limiting a food group, or several, as is the case with the low-carbohydrate diet, will also limit essential nutrients common to those foods.

Americans have developed a false notion that carbohydrates are the culprit behind weight gain and increases in body fat when actually carbohydrates are necessary and important. However portion sizes must be moderated or controlled for the diet to work.

In fact, the American Dietetic Association recommends the average adult consume approximately 45-65 percent of their daily calories from carbohydrates, 20-35 percent from fat, and 10-35 percent from protein. Carbohydrates are more readily available energy sources for the body than protein and fat.

Current research suggests low-carbohydrate diets cause weight loss because participants tend to consume fewer calories overall. Eating a high-protein and high-fat diet is associated with high satiety levels due to fat and protein



2nd Lt. Susan Campbell

taking longer to empty from the stomach.

The significance behind these findings is that similar weight loss can also be realized when following a low-calorie, but more balanced diets including carbohydrates. Many people gain the weight back as soon as they resume eating larger portions of their normal foods. They are not losing a lot of body fat long-term.

Low-carbohydrate diet long-term effects

Long-term adverse effects on the heart are the greatest concerns with these diets. Low-carbohydrate diets rely heavily on protein foods, which are often high in saturated fat. Saturated fat is associated with increased levels of low-density lipoproteins (LDL) or “bad” cholesterol in the body, which according to the American Heart Association increases the risk of heart disease and stroke.

Long-term effects of this diet may have greater implications for individuals with a family history of cardiovascular disease. In fact, both the American Heart Association and the American Dietetic Association recommend a diet rich in fruits, vegetables, whole grains, low-fat dairy products, lean meats, poultry, and fish.

A diet extremely high in protein can also have harmful effects on the body by putting additional stress on the kidneys. These high-protein diets force the kidneys to rid the body of excess waste products of protein and fat, called urea, ammonia, and ketoses. If these waste products build up in the blood it can lead to a condition called gout or kidney stones.

Gout is a painful swelling of the joints. A high-protein diet may also increase the risk for osteoporosis (weakening of the bones) in women and men.

Healthy method of weight loss

Unfortunately, there is no instant method for weight loss. The only way to lose weight is to create a calorie deficit by burning more calories than one consumes.

Exercising more, reducing portion sizes or both can achieve this. Diets low in saturated fat and high in fruits, vegetables, and whole grains can help achieve a healthy weight and help lower the risk for cardiovascular disease.

The Food Guide Pyramid is a good reference to use



Courtesy photo

Joe Garcia queries 2nd Lt. Susan Campbell, Dietetic Intern, about fad diets at the Brooke Army Medical Center dining facility. BAMC Dietetic Interns are sponsoring National Nutrition Month and are informing the Fort Sam Houston Community about smart and healthy ways to eat.

for a more balanced diet.

Healthy weight loss is characterized by losing about one-half to two pounds a week, according to the Dietary Guidelines for Americans.

Before starting any weight loss or exercise program, one should consult with a doctor to ensure safety especially if any health problems are present.

Tips for weight loss:

- Drink plenty of water.
- Increase fiber intake (whole grains, fruits, vegetables, etc.).
- Drink soft drinks, alcohol, and juices sparingly.
- Analyze food labels for fat and calorie content.
- Reduce the amount of butter, margarine, and oil used in cooking.
- Consume low-fat dairy products.
- Reduce intake of simple sugars (candy, desserts, etc.).
- Exercise.

While it is important to consume carbohydrates, it is also important to not eat them in excess. Consuming too much carbohydrate, protein, or fat will cause an increase in weight and body fat. The important point to remember is to balance the amount of physical activity with the amount of food consumed to achieve a healthy weight. For more information about eating healthy, visit www.eatright.org or www.americanheart.org.

Celebrate National Nutrition Month, eat healthy

By Maj. Joanna Reagan,
Nutrition Care Division
Tripler Army Medical Center, Hawaii

National Nutrition Month, created in 1973, observes each March by promoting healthful eating and providing practical nutrition guidance. The National Nutrition Month campaign reinforces the importance of nutrition as a key component of health, along with physical activity. Here are some ideas for a healthy life.

Healthy eating helps you get the most out of life. A healthy lifestyle is the key to looking good, feeling great and being your best at work and play. It all starts with a healthy eating plan.

March is a good month to cut down on

the high-fat foods. Too much fat may cause heart and blood-vessel disease. Try to eat non-fried fish, seafood, poultry and other lean meats. Watch your portion sizes of all meat - it's easy to eat too much. Eat fewer high-fat foods such as canned luncheon meats, corned beef, coconut milk, gravy, salad dressing, chicken and turkey wings.

Individual needs and preferences determine your personal food choices. Match your food choices to your lifestyle and individual requirements, choosing enough to achieve and maintain a healthy weight.

Extra weight is more than a cosmetic concern: it can harm your health and shorten your life. Being overweight can increase your risk for heart disease, dia-

betes, cancer, breathing problems and arthritis. Losing just a little weight can help you gain a lot of benefits. Experts agree that a small weight loss - only 10 percent of one's current weight - can boost health and lower the risk of disease.

Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition, it provides the pleasurable aspects of eating.

Make moderation your goal - you decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture. It's what you eat over several days - not just one day or one meal - that's important.

Making wise choices can sometimes be difficult but some simple tips may help. For instance, a plate-lunch special with mahimahi, two scoops of rice macaroni salad and tarter sauce has 1,150 calories. If the salad is changed to a tossed salad and you skip the tartar sauce, the calorie level drops to 660 calories.

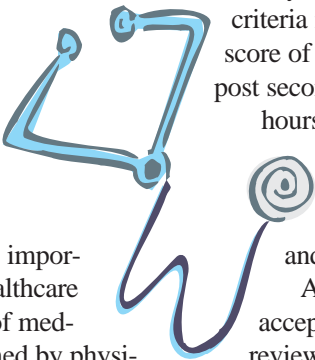
Develop a personal fitness plan that fits your lifestyle. The key is to find a variety of activities you enjoy. You don't need expensive equipment or complicated fitness programs. Walking, swimming, taking a dance class or trying a new hike is great ways to incorporate exercise into your routine. Look in the local newspapers for hike offerings and go with friends.

Army trains Physician Assistants

The U.S. Army is looking for qualified Soldiers to attend the Interservice Physician Assistant Program at the AMEDD Center and School, Fort Sam Houston, Texas. This is an intensive two-year course of study. Graduates of the course receive a commission as a second lieutenant, and a master's degree from the University of Nebraska.

Army Physician Assistants are important members of the AMEDD healthcare team and provide a broad range of medical services traditionally performed by physicians. They are the primary medical provider to Soldiers in battalion and division level units and may also provide garrison healthcare to Soldiers, family members, and other eligible beneficiaries. The Army PA has served the nation in all conflicts and peacekeeping missions since the Vietnam War.

The Army trains approximately 50 Soldiers a year alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard, and U.S. Public Health Service. Candidates attend the AMEDD Center and School for the classroom portion of the program. Courses range from anatomy and physiology to orthopedics. During a year of clinical training at selected Army hospitals, the candidates participate in clinical rotations in such areas as surgery, pediatrics, and dermatology.



Applicants must be enlisted Soldiers, commissioned or warrant officers with a minimum of three years time in service. Other eligibility criteria include, but are not limited to; a GT score of 110 or greater, 60 semester hours of post secondary school education of which 30 hours must include six hours of English, six hours of humanities, six hours of chemistry, six hours of anatomy and physiology, three hours of algebra, and three hours of psychology.

Applications for this program are accepted until April 30 of each year and are reviewed by a board in July of each year.

Complete application procedures are found in AR 601-20, The Interservice Physician Assistant Training Program, and in the yearly message update to the regulation found on the Web site <http://healthcare.goarmy.com/docs/paqual3.htm>. Local Army education centers can also assist applicants with procedures. Questions can be directed to the program manager at DSN 536-0386, Commercial 502-626-0386, toll free 1-800-223-3735 extension 6-0386, or e-mail ipap@usarec.army.mil.

Health Promotion Center March Class Schedule

Class	Date	Time
Self Care and Health	11	9-11 a.m.
Tobacco Cessation	11	2-4 p.m.
“Readiness to Change”		
Breastfeeding Support Group	12	1-2:30 p.m.
Arthritis	16	9:30-11 a.m.
Breast and GYN Cancer Support Group	16	6-7:30 p.m.
High Blood Pressure	17	9 a.m. to Noon
Office Yoga	17	Noon to 1 p.m.
Back Pain	18	2-3:30 p.m.
Body Fat Testing	19	8-11 a.m.
Introduction to Weight Reduction	19	Noon to 1:30 p.m.
Breastfeeding Support Group	19	1-2:30 p.m.

Note: Appointments for Diabetes Education are scheduled through the Internal Medicine Clinic at 916-0794. Appointments for the Fibromyalgia Treatment Group require a consult to Behavioral Medicine Clinic. To schedule Winning Combination and Introduction to Weight Reduction, call the Nutrition Care Division at 916-5525. To schedule Back Pain, call Physical Therapy at 916-3247.

Online pay system, ‘myPay,’ celebrates four years

The online pay account information system, “myPay,” celebrates four successful and expansive years.

On February 26, 2000, “myPay,” formerly known as Employee/Member Self Service (E/MSS), was brought online as both an Interactive Voice Response and Internet/Web-based system by the Defense Finance and Accounting Service. “myPay” is an electronic system that allows customers to access and control their pay account information and is available to all military members, military retirees and annuitants, and Department of Defense civilian employees.

Customers can view, print and save their leave and earnings statements, make adjustments to federal and state tax withholdings and update bank account and electronic transfers, all online, by accessing “myPay” at <https://mypay.dfas.mil>

In October 2002, the electronic pay program took a giant leap, creating an extensive system with more features, along with a name change, to what is now known as “myPay.” As “myPay” improved, DFAS continued to gain more and more customers. In May 2003, civilians from Army non-appropriated funds and in September 2003 civilian employees with Department of Energy were added.

Today, “myPay” has more than 2.6

million members with customized personal identification numbers. Throughout the past four years, 13 major options have been added with countless enhancements. In January 2004, there were nearly 11 million pay statement views with more than 4.3 million W-2 statement views. In addition, there were a total of 249,000 transactions submitted through “myPay” and more than 1.7 million pay inquiries.

“We are proud that DFAS customers are finding “myPay” a safe, secure and convenient way of managing their pay accounts,” said Patrick T. Shine, acting director of DFAS.

More Features to Come - DFAS continues to look for opportunities to

improve “myPay” and is planning to add the ability for service members to manage allotments and purchase savings bonds with a planned release late summer 2004.

Security and Privacy - “myPay” combines a 128-bit encryption software (strong encryption) and Secure Socket Layers technology with the user’s social security number, PIN, and use of a secure web address or DoD-specific telephone number to safeguard information from unauthorized access. This combination prevents information from being retrieved by outside sources while information is being transmitted. Once a user gets a PIN, “myPay” can be accessed nearly any time, anywhere.

DFAS ready to process retro pay increase for civilians

The Defense Finance and Accounting Service stands ready to begin processing the 2.1 percent retroactive pay increase for the Federal civilian employees it serves.

President George W. Bush has signed an Executive Order identifying the new pay increase percentages. The timing for DFAS processing these actions is contingent upon publication of new pay tables by the Office of Personnel Management followed by processing of corrected personnel actions by the responsible personnel offices. The corrected actions will be processed into the DFAS pay system as soon as they are received.

Due to the number of General Schedule employees involved, DFAS will process the retroactive portion of the increase for prior paydays over the course of at least two pay periods. The increase is retroactive to January 11, 2004 for General Schedule employees.

To maintain quality control in processing the hundreds of thousands of pay actions related to this retroactive increase, agencies and major commands will be designated to a specific pay period for

processing. Due to the relatively small size of some activity types, their processing will be completed during the first pay period. The large sizes of some agencies and major commands dictates their pay actions be processed over the course of two pay periods. DFAS will publish a timetable for the payroll changes once processing is initiated.

For Federal Wage System employees, DFAS anticipates effecting all of the retroactive increase during the pay period in which the personnel action is received and processed by the pay system.

About DFAS

The Defense Finance and Accounting Service is the world's largest finance and accounting operation. It provides responsive, professional finance and accounting services to the men and women who defend America. In fiscal year 2003, DFAS paid about 5.9 million people, processed more than 12.3 million invoices from defense contractors, disbursed more than \$416 billion and managed more than \$197.4 billion in military trust funds. For more about DFAS, visit <http://www.dfas.mil>.

Pre-Job Fair ‘Tune-up,’ March 12



- March 12, 9-11 a.m.
- How to work a Job Fair
- Who will be there, times
- What to bring, how to dress
- Fine tune your Job Fair skills
- Bring your resume to class

Sign-up at ACAP Center, 221-1213

San Antonio community Job Fair, March 24

More than 100 employers are expected at the San Antonio Military Community Job Fair March 24, 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road.



- The event is sponsored by:
- Fort Sam Houston Army Career & Alumni Program
 - Fort Sam Houston Family Member Employment Assistance Program
 - Lackland AFB Transition & Career Focus Programs
 - Randolph AFB Transition & Career Focus Programs
 - Webster University Alumni Association
 - Texas Workforce Commission

For information, call the Fort Sam Houston ACAP Center at 221-1213.

2002 survey of health related behaviors reveals positive trends

The Department of Defense announced March 8 the final results of its 2002 survey of Health Related Behaviors Among Military Personnel. The report shows substantially lower rates in the use of tobacco and illegal drugs since the surveys began measuring certain health-related behaviors in 1980. In addition, there are improvements in certain preventive health measures since 1998. The most recent survey, however, conducted in 2002, showed the first increase in smoking among DoD personnel in the past 20 years.

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, stated, “These survey results provide valuable guidance for continued efforts to improve the health and well-being of the men and women of our armed forces.”

This survey is the eighth in the series of confidential, anonymous standardized surveys that ask active duty servicemembers about various health behaviors. The survey also assesses selected national health status goals from the Department of Health and Human Services’ “Healthy People 2000 and 2010” objectives, the mental health status of the force, and specific health concerns of military women. More than 12,500 servicemembers, randomly selected to represent men and women in all pay grades of the active force throughout the world, completed the survey.

“We are pleased with the continued, observed positive health behavior trends and preventive health practices among our servicemembers,” offered Winkenwerder. “It is encouraging that the military met or exceeded one-third of

the “Healthy People” goals. Still, we are concerned with the increases in smoking and heavy alcohol use compared with our 1998 results. These findings, along with indicators of stress and other similar mental health indicators, obtained in this survey, are not entirely surprising given the military’s role in worldwide events throughout the past two years,” he stated.

When comparing the 2002 findings to earlier survey results, we recognize both tremendous improvements in the past 20 years and some issues of concern. Between 1980 and 1998, the survey shows a continuing decline in the use of illegal drugs, alcohol, and cigarettes by military personnel. When first surveyed in 1980, 27.6 percent of the active force acknowledged use of illegal drugs during the month prior to being questioned. In 2002, only 3.4 percent reported using illegal drugs. Heavy drinking (five or more drinks per occasion at least once a week) declined from 20.8 percent in 1980 to 15.4 percent in 1998 but rose again to 18.1 percent in 2002; cigarette smoking declined from 51.0 percent in 1980 to 29.9 percent in 1998 but increased to 33.8 percent in 2002.

Other key findings from the survey include the following:

- Military personnel met or exceeded several of the “Healthy People” objectives, including those for strenuous exercise, seatbelt and helmet use, Pap smears received, and no substance use during last pregnancy. The objectives for overweight, cigarette smoking, smokeless tobacco use, checking blood pressure and cholesterol, hospitalization for injuries, and condom use at last

encounter, however, had not yet been met by the entire force, although certain demographic subgroups had met some of the targets. Following the trend in the civilian population, the percentage of overweight DoD personnel in both age categories (under 20 and 20 or older) increased between 1995 and 2002.

- Approximately 90 percent of military personnel had received a dental check-up in the past 12 months, and approximately 90 percent of women who were pregnant in the past five years received their first prenatal care visit in their first trimester.

- Military personnel described their military duties as more stressful than their family or personal lives. The most frequently indicated stressors were family separation (19.1 percent) and deployment (19.0 percent). Personnel with higher levels of stress were more likely than those with lower levels of stress to work below normal performance levels (43.8 percent vs. 25.0 percent) and to incur injuries due to accidents in the work place (14.8 percent vs. 7.3 percent).

- More than 40 percent of military women reported being under a “great deal” or a “fairly large amount” of stress related to being a woman in the military.

- Positive coping strategies were the most common methods of dealing with stress. However, unhealthy behaviors were also identified-more than 40 percent of personnel used food and more than 25 percent used alcohol or cigarettes as a way of coping.

- A strong relationship was observed between heavy alcohol use, productivity loss, and mental health problems. Heavy

users of alcohol were much more likely than those who drank infrequently or not at all to report productivity loss (45.1 percent vs. 8.2 percent), as well as problems with work stress (40.1 percent vs. 29.6 percent), and depressive symptoms (26.4 percent vs. 18.0 percent).

- An estimated 65 percent of military personnel indicated that they were “satisfied” or “very satisfied” overall with their current work assignment.

Satisfaction varied among the services: Army (60.9 percent); Navy (63.6 percent); Marine Corps (66.3); and Air Force (72 percent). Males and females indicated similar job satisfaction.

- Approximately 54 percent of personnel would “likely” or “very likely” choose to stay on active duty if given the choice.

Winkenwerder said, “Military leaders and the military health system are committed to enhancing programs to improve healthy behaviors and reduce avoidable stress. We have implemented new programs since this survey was performed, and will be introducing additional programs in the near future. The secretary of defense, with the establishment of the Defense Safety Oversight Council, has made safety, including safe practices and behaviors to reduce injuries and accidents, a top priority for the Department of Defense.”

The 2002 survey was conducted under contract by RTI International. The final report and a highlights version are on the worldwide web at <http://www.ha.osd.mil/cpp/2002survey.cfm>

Source: Department of Defense news release.

Slip, trip, and fall accidents are the leading type of accident cause on post

By **Guadalupe Gomez**
Fort Sam Houston Safety Manager

Ever slipped, tripped or fallen? We all have at one time or another. Nationally, did you know that slips, trips, and falls are second only to automobile accidents in causing personal injury? It is estimated that 300,000 disabling injuries occur each year in the workplace; however, most alarming is the fact that industrial falls cause over 1,000 deaths each year. For Fort Sam Houston from January 1, 2002 to May 31, 2002, slips, trips and falls were the third cause of personal injury.

The following are some requirements applicable for slips, trips and falls:

- **Housekeeping:** Keep all work and recreational areas, passageways, store-rooms, and service rooms clean, orderly and in a sanitary condition. Maintain the floor of every workroom in a clean and, so far as possible, a dry condition. Provide drainage and gratings, mats, or raised plat-forms where wet processes are used. Keep floors free from protruding nails, splinters, holes, or loose boards.
- **Aisles and Passageways:** Keep aisles and passageways clear and in good repair with no obstruction across or in the aisles that could create a hazard. Maintain aisles wide enough to allow mechanical han-dling equipment to pass safely.

- **Covers and Guardrail:** Provide cov-ers and/or guardrails to protect personnel from the hazards of open pits, tanks, vats, and ditches.
- **Guarding Floor and Wall Openings and Holes:** Watch for floor openings and holes, wall openings and holes, and the open sides of platforms that may create hazards. People may fall through the openings or over the sides to the level below. Objects, such as tools or parts, may fall through the holes and strike peo-ple or damage machinery on lower levels. Provide standard railings on all exposed sides of a stairway opening, except at the stairway entrance. For temporary open-ings, station a guard or use temporary rail-ings around the opening.
- **Protection of Open-Sided Floors, Platforms, and Runways:** One of the most frequently overlooked requirements in walking-working surfaces is the requirement that every open-sided floor or platform 4 feet or more above an adjacent floor or the ground level shall be guarded by a standard railing on all open sides, except where there is an entrance to a ramp, stairway, or fixed ladder.
- **Prevention recommended tips includes:**
 - **Maintain Good Housekeeping:** Keep all work and traffic areas clear and dry. Always clean up spills and use equip-

- ment to catch fluids if a leak should occur. Remove debris from the floor.
- **Install Good Flooring:** Replace flooring that can be slippery when wet or apply a non-skid surfacing materi-al. Use entrance mats to keep inside flooring dry. Maintain even floor sur-faces, if possible, or mark areas of uneven surfaces. Maintain carpets and entrance mats flat.
- **Provide Adequate Lighting:** Keep all work and traffic areas properly lit.
- **Slow Down:** Don’t walk too fast or run from place to place, especially on uneven surfaces or when surfaces are damp or wet.
- **Wear Proper Footwear:** Soles of shoes should provide good traction and be of a slip-resistant material. Personnel should avoid pointed and elevated heels and souls on their footwear. Clean footwear thoroughly when entering the building.
- **Avoid Distractions:** Pay attention to where you are going, don't carry objects that can obstruct your view.
- **Keep Aisles Clear:** Trips occur when a person’s foot contacts an object



and they are thrown off balance. Keep objects that could cause someone to trip out of the way. Close open filing cabinets. Remove or cover power cords lying on the floor.

- **Use Elevating Devices Properly:** Follow established ladder and scaffolding safety proce-dures. Use fall protection equipment when required. Do not use inappropriate devices, such as chairs, as

ladders.

Slips, trips, and falls, whether on or off the job, are expensive, disruptive, painful, and may be tragic. By observing the fac-tors mentioned above, many slips, trips, and falls can be prevented. Slips, trips, and falls cause numerous injuries every day but are among the easiest hazards to correct. The Installation Safety Office Video Library has a very good video on Slips, Trips, and Falls - stop by Building 4196 to check it out for your next safety meeting. Report (online at www.cs.amedd.army.mil/iso) all slips, trips, or falls, with or without injury, so that it may be thoroughly investigated and corrective actions taken to prevent a repeat occurrence.

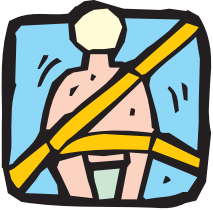


Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur with-in 25 miles of home.
- 80 percent of all serious injuries and fatali-ties occur in cars going 40 miles per hour or slower.
- In the unlikely event your car catches fire or

is submerged, seatbelts can keep you from getting “knocked out” and greatly improve your chances of escape.

- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.



- You may be a good driver, but there are situations beyond your control such as weather and road con-ditions that can affect your safety.
 - Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
 - According to the National Highway and Traffic Safety Administration, over the last 10 years, safe-ty belts have prevent-ed some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.
- Source: Fort Sam Houston Safety Office



Courtesy photo

Retired Command Sgts. Maj. Don Wunderlich and Ruddy Rodriguez join Sgt. John Rodriguez, E.S. Marine Corps to welcome Col. Garry Atkins, U.S. Army Garrison commander to the Alamo Silver Wings Airborne Association 23rd annual military ball.

Alamo Silvers Wings members celebrate community spirit

By John Rodriguez
Special to the News Leader

Col. Garry Atkins, U.S. Army Garrison commander, was the guest speaker at the Alamo Silver Wings Airborne Association 23rd annual military ball held at the Veterans of Foreign Wars Post 9186 on March 6.

Atkins spoke about Army values. He thanked the association members for their volunteer activities in the community and their continued support of the men and women presently serving in the Armed Forces.

Each branch of the military service was represented and the service flags were presented as their respective service song was played. The association presented awards to members for their participation during the year. John Rodriguez received the Frank Tejada memorial award and was recognized for his recent honorary membership to the University of Texas Alpha Lambda Delta National Academic Honor Society. The association presented Atkins with a Silver Wings plaque and lifetime membership in the association. He presented a commanders coin to each member of the honor

guard. Atkins also assisted Alamo Sliver Wings Airborne Association commander Benito Guerrero crown the military ball queen, Desiree Barrera.

Hurry, only six weeks left to file income tax

By Capt. Mary E. Meek
Tax Assistance Center

With the arrival of March, taxpayers are reminded that only six weeks remain in the Tax Year 2003 filing season. Taxpayers who have sought to avoid the occasionally painful process of tax preparation as long as possible should take note that the opportunity for free tax preparation and electronic filing will soon pass. The Fort Sam Houston Main Tax Assistance Center will close April 17 and the BAMC Satellite Tax Center will close April 16.

To date, the FSH Tax Assistance Center has prepared more than 1,500 federal income tax returns for Soldiers and retirees in the FSH community. A total refund amount of more than two million dollars has been placed back into the pockets of these individuals. Although preparation and filing are free at the Tax Center, our taxpayers would have paid more than \$200,000 using commercially available services.

The FSH Tax Assistance Center sees new clients at 9 a.m. and 1 p.m. Tuesday through Saturday. Approximately twenty-five clients can be seen during each session. All interested in this service are encouraged to visit either the FSH Tax Center or the BAMC Satellite Tax Center as soon as possible. While both tax centers currently have available tax preparation slots, demand is expected to increase as April 15 approaches.

The FSH Tax Assistance Center is located in the Officer's Club, Bldg. 407 on Dickman Road. The Tax Assistance Center is open Tuesday through Saturday from 9 a.m. to 4:30 p.m., and will remain open until April 17. The Main Tax Assistance Center sees a limited number of clients each day with priority given to active duty in uniform. Sign-in sessions begin at 9 a.m. to 1 p.m. The BAMC Satellite Tax Center is located in room on the 5th floor and is open from 9 a.m. to 4 p.m., Tuesday through Friday. The BAMC Tax Center closes on April 16.

Briefings and updates were conducted during various stages of the Joint Task Force-Consequence Management (West) national training exercise.



Two communication specialists from Fort Gordon, Ga., take part in the Joint Task Force-Consequence Management (West) national exercise.



James Hopper works with satellite communications during the exercise.



Members of the Joint Task Force-Consequence Management (West) pose for a group photo shortly before the end of the exercise.



Members of the Joint Task Force-Consequence Management (West) pack up the equipment and roll up the seemingly endless wires at the conclusion of the exercise.

JTF participates in national exercise, prepares for disaster

Story and photos by
Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs

When disaster strikes, the federal government can reach out to the Defense Department for help. Recently, Fifth U.S. Army activated its Joint Task Force-Consequence Management (West) for a national exercise. "Unified Defense 04" was part of a network of civilian, state and federal agencies extending from Corpus Christi, in southeastern Texas, to Juneau, Alaska. Texas Governor Rick Perry kicked off the exercise on Feb. 18 with a press conference in Austin.

The Department of Homeland Security and the Federal Emergency Management Agency were the main agencies conducting the exercise. Northern Command in Colorado Springs, Colo., was the central military organization.

Maj. Gen. Walter A. Paul Paulson II, Fifth Army's deputy commanding general (East), was the JTF commander for the exercise. The JTF was comprised of more than 300 service members from all military branches along with DoD civilians.

The exercise consisted of simultaneous man-made and natural disaster scenarios.

The JTF was tested on their abilities to handle the requests resulting from various crisis situations. During the exercise, JTF members coordinated requests for military assets and provided direct support to federal, state and local agencies. The JTF was evaluated on its ability to coordinate within the military network as well as with FEMA, which was the lead federal agency. Agencies such as FEMA are used to working through the various defense-coordinating officers, but working through a JTF is still evolving.

"I think we have grown a lot in the past 15 months, and so has NORTHCOM. We have built a response team like has never been seen before," Paulson said. "We will continue to get better and improve the process."

The military may offer help in areas such as medical, movement of people and equipment, decontamination, and air support. Before FEMA can request the military's support, however, all civilian, state and non-DoD federal assets must be exhausted. "The process sounds complicated, but it's easy once the requests get



Marine Staff Sgt. Leroy Leggs, III talks over a work order with an Air Force colleague.

started," Paulson said.

The JTF operated from Fort Sam Houston's Rock Drill facility, a warehouse large enough to spread out the different functions of the JTF. For a week, the warehouse buzzed with the constant murmur of voices, ringing phones, computers, scooting chairs, clicking computer keyboards, and electric fans.

Participants said they received training benefits from the exercise.

"It was a good opportunity to test the systems, and it was good to interact with the other services," said Army Maj. Jose Burgos of the JTF transportation section.

Marine Corps Staff Sgt. Lenton Collins stationed at Cherry Point, N.C., was the administrative chief for the J-1 section, which handled personnel issues. "Our J-1 mission is always the same no matter where we are -- accountability of people." Collins, who has done three other JTF exercises, said that training exercises require the participants to be flexible and willing to learn.

Army Staff Sgt. Delores McEntire, also the J-1 section, said that working with members from the various branches has many benefits. "We get to find out about other points of view and about how they do things. We get to see the way they operate and it's nice to work with them."

as civilians.

This exercise was Navy Petty Officer 1st Class Karl Schomberg's second JTF exercise in the Rock Drill facility, a previously empty warehouse that became a criss-cross of wire and cables during the exercise thanks to J-6 members. "We were busier this time because we had more laptops and we had to hardwire everything," Schomberg said. "With each exercise I do, the easier it gets."

Civilians, who provide both expertise and continuity, worked in virtually every area of the JTF such as operations, legal assistance and communications. Fifth Army civilian Lawrence Black participated in the exercise as the JTF geographer. His provide maps of key terrain and infrastructure landmarks of the affected areas. By using a special web-based computer program, he was able to plot damage and provide information about roads, bridges, hospitals, railroads and more. "It provides critical information needed to operate," Black said.

The exercise ended on Feb. 22, and participants headed back to their home stations, many across the United States, taking with them the lessons learned from having worked together in the crucible of a joint task force exercise.



Civilian Lou Wallis tracks actions during the exercise as a data technician.

Annual women’s workshop and service, March 11-14

The Women of Dodd Field Gospel Service will hold the annual Women’s Workshop and Worship Service on March 11-14 at Dodd Field Chapel. The theme for this year’s event is “Uplifting Women through Spiritual Growth.” The workshop is open to all women who desire to be revived in the spirit. For information and registration, call Angela Lott at 299-4726, Patsy Newborn at 497-7584, or Bedell Springs at 445-4588. Registration fee is a \$10 donation and deadline is March 5. Light refreshment will be served nightly.

- The following agenda will be observed:
- **Thursday, March 11**, 6:30-8:30 p.m.
Registration and Reception
 - **Friday, March 12**, 6:30-9:30 p.m.
Guest speaker, Brig. Gen. Sheila Baxter, Chief of Staff for Force Sustainment, U.S. Army MEDCOM
 - **Saturday, March 13**, 8 a.m. to 3 p.m.
Prayer Breakfast and seminars, workshop facilitator the Rev. Ruth Smith-Martin, Ball Tabernacle AME
 - **Saturday, March 13**, 6:30-10 p.m.
Celebration of Women Banquet
 - **Sunday, March 14**, 10:30 a.m.
Worship Service, Dodd Field Chapel, 1721 Dodd, Blvd., Bldg. 1721, Fort Sam Houston

Post worship schedule



Main Post Chapel, Bldg. 2200, phone numbers: (210) 221-2754.

- Catholic Services:**
- 4:45-5:15 p.m. - Confessions - Saturdays
 - 5:30 p.m. - Mass - Saturdays
 - 9:30 a.m. - Mass - Sundays
 - 11:30 a.m. - Mass - Weekdays

- Protestant Services - Sundays:**
- 8 a.m. - Traditional Protestant
 - 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: (210) 379-8666 or 493-6660.
Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

- Catholic Services - Sundays:**
- 12:30 p.m. - Bilingual Mass
- Protestant Services:**
- 5:30 p.m. - Contemporary Protestant - Sundays
 - 10:30 a.m. - Collective Gospel Protestant - Sundays
 - 9:30-11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided



AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

- Troop Catholic Mass:** Sundays
- 10 a.m. - 32nd Medical Bde. Soldiers
- Troop Protestant Gospel Services:** Sundays
- 11:30 a.m. - 32nd Medical Bde. Soldiers
- Troop Protestant Service:**
- 9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

- 1:30 p.m. - Jumma - Fridays
- 10:30 a.m. - Children’s Religious Education - Sundays
- 7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

- Catholic Services:**
- 8:30 a.m. - Mass - Sundays
 - 11:15 a.m. - Mass - Sundays
 - 11 a.m. - Mass - Weekdays
- Protestant Services:**
- 10 a.m. - Worship Service - Sundays
 - Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

Men of the Chapel breakfast and meeting, March 27

The Men of the Chapel will host a breakfast meeting on March 27, 8:30 a.m. at Dodd Field Chapel. This event is open to all men of Fort Sam Houston. For information, call Robb Wood, director of Religious Education at 221-5428.

Join the Officer Christian Fellowship Bible study

Join us for an Officer Christian Fellowship study at the home of Lt. Col. Bob Griffith, 1008 Gorgas Circle, on Fridays. Come for supper at 6 p.m. or join us at 7 p.m. for a study of the Gospel of Luke. Group will meet on the following dates: March 12, 26 and April 2, 16, 23. For information, call Lt. Col. Griffith at 226-1295 or e-mail at thegrifgang@cs.com or Chaplain Schlichter at 221-1968 or e-mail at david.schlichter@cen.amedd.army.mil.

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Town Hall Meeting Questions and Answers

The following are questions posed during the A-76 Town Hall Meetings held by the U.S. Army Garrison commander on December 3-4. Responses were provided by Civilian Personnel Advisory Center:

Q: If I didn’t apply for Voluntary Separation Incentive Pay at the time it was offered, and then later on I find a job on the outside, can I then go ahead and apply for VSIP? Or actually is there a deadline for applying for VSIP?

A: Employees who change their minds about interest in VSIP may or may not get consideration and each case will be analyzed on its merits. Such employees should expect that they will not be considered but there may be exceptions in rare circumstances. Employees who initially indicated an interest in VSIP will have priority.

Q: Since the Most Efficient Organization implementation has been pushed back, will temporary promotions be extended?

A: It is likely that many temporary promotions and temporary/term appointments will be extended to the “implementation date.” However, the implementation of the MEO is a process and it is expected that not all temporary promotions will be in effect throughout. The need for some temporary assignments may not continue as long as the need for other temporary assignments/promotions.

Q: If we accept a buyout from the army, can we apply for a civil service job with the navy, and air force?

A: Generally, the employment limitations applicable to those accepting buyouts apply throughout the Department of Defense.

Q: Can use-or-lose leave be carried out for buyout purpose?

A: The use of buyouts to avoid involuntary separations through Reduction In Force is not directly related to normal procedures for use-or-lose leave. The normal process for leave restoration will remain in effect.

Q: Which job series are not approved for volunteer buyout bonuses?

A: Buyouts are for the purpose of avoiding RIF actions. Generally, if the implementation of the MEO does not require a reduction in the number of employees in a given series, then employees in such a series will not be considered for buyouts.

Q: If you were temporarily promoted to fill a vacant position, does that mean you are really not qualified for that position, but that FSH needed someplace to place those duties? If not then what good is the temporary position?

A: Employees who are temporarily promoted are subject to the regular qualification requirements and

considerations. That is, they are “qualified” for the positions.

Q: When you get authority for VERA/VSIP, 2. How will the RIF be broken out?

A: The authority was received on Feb. 17. Assuming a RIF is still needed after all voluntary separations are identified, the North Central CPOC will conduct it with the use of automated RIF software.

Q: How will we know if the RIF process is run fairly?

A: Traditionally, individuals subject to reassignment, change-to-lower-grade or separation thru RIF may appeal to the Merit Systems Protection Board.

Q: Will there be a longer than one month period for buyouts?

A: Yes. Buyout offers were initiated on Feb. 23 and the expectation is that offers may continue on a sporadic basis for several months.

Q: When do we find out the RIF results?

A: Exact dates are not known. However, regulations require RIF notices to be delivered at least 60 days prior to effecting RIF actions.

Q: What happens to individuals in temporary positions for two years?

A: Without prior approval from the Office of Personnel Management, temporary appointments may not be extended beyond two years. However, such approvals will be requested as needed.

Q: What number of jobs in the MEO and what number is going to be RIFed?

A: The ballpark number of jobs in the MEO was originally about 430 but the number is subject to change based on new missions and increased workload. The number of employees involved is still over 500. The number to be RIF’d depend upon the number of employees who take voluntary separations (i.e., buyouts and early retirements) and/or are

offered vacant jobs elsewhere.

Q: If RIFed, will the individual go to another installation to be placed there?

A: Individuals who receive RIF notices may be registered in the Priority Placement Program for “stopper list” priority at other DoD activities.

Q: Are downgrades mandatory?

A: Downgrades appear to be inevitable. On the average, the grades of jobs in the MEO are lower than the grades of employees at issue.

Q: Are MEO positions permanent or will some be temporary? Can temporary personnel compete for positions?

A: The MEO is comprised of permanent positions. However, the MEO is being reviewed for possible additions due to new missions or increased work loads. If higher headquarters approves the addition of new positions, the additions might include a few temporary positions. Many positions in the MEO will be filled by assignment of current permanent employees but it is evident that not all MEO positions will be offered (e.g., thru RIF). Regular recruitment will likely be initiated to fill some permanent positions in the MEO. Current temporary employees and other individuals will be free to apply and compete for positions for which they qualify.

Q: How come jobs are being contracted out under SRA contracts and taken out of the MEO before it is implemented? If a civilian contractor (outside contractor) had won the A-76 bid, would they have been able to get rid of some of the work before implementing their bid. The A-76 process seems to be very flawed in many areas.

A: If a contractor had won the competition, he would have been allowed to adjust his workload based on new or changed mission requirements. The work identified in the PRD that is currently

being accomplished by contract workers will continue to be performed by government personnel in the MEO. Vacancies will be filled by CPAC. If the work is not in PRD, that work will not be performed by MEO government workers.

Q: What is being done about capturing the task or work not covered in the MEO? All we have done so far is talk about capturing these tasks.

A: The MEO is staffed to accomplish the workload in the PRD. With regards to tracking tasks in the Workload Tracking Tool, some additional tasks that have been approved by the Commercial Activity Transition Working Group have been included in the WTT and other tasks can be tracked under “task not identified in the PRD.”

Q: Since we won the MEO, does the contractor still have the right to protest?

A: The competing private sector contract firm was found to be not technically capable of performing the work in the PRD. The contract firm protested to the General Accounting Office and the protest was denied. The contract firm can still protest.

Q: Is there money for training? Will individuals be put in the position of having to stay to train the person who bumps them?

A: Monies have been identified for training the MEO and CGA workers. Grant Thornton and CPAC are identifying training requirement and developing training plans.

Q: Are the CGA and MEO staffs going to be in separate locations? Is there a phase-in plan for physical moves?

A: Since CGA and MEO staffs do not perform the same work; it makes better sense to be physically separate. However, there will be exceptions. A phase-in plan for all moves is included in the Transition Plan.



Courtesy photo

Staff Sgt. Shirley Malone spends time with kindergarten students at Baskin Elementary School after reading Dr. Seuss books to them. The school was celebrating the 100th birthday of Dr. Seuss and Texas Public School Week.

Soldiers visit Baskin Elementary School

By Esther Garcia
Fort Sam Houston Public Affairs



Staff Sgt. Shirley Malone spent the morning of Monday, March 1 visiting with three kindergarten classes at Baskin Elementary School. She was joined by Sgt. Michelle Klopp, Master Sgt. John Sullivan, Staff Sgt. Earl Denney, and Master Sgt. Rudy Delvalle. Staff Sgt. Michael Rouillard will be visiting the school on Friday and Staff Sgt. Mario Johnson is scheduled to visit the school in April.

The school invited members of the Fort Sam Houston community to help them celebrate the 100th birthday of Dr. Seuss and Texas Public School Week this month. The Fort Sam Houston noncommissioned officers also did “show and tell” presentations for the students. Sullivan brought along his field backpack and told the students this was his “hotel away from home.” Delvalle brought along some “Meals Ready to Eat” to show the students what the Soldiers eat when they are out in the woods training.

“It was a wonderful experience for me. They really enjoyed having me there,” said Malone.

Child Tax Credit provides extra credit for many working families

The Child Tax Credit is a federal tax credit worth up to \$1,000 in 2003 for each child under age 17 claimed as a dependent on the worker’s tax return.

To be eligible for the CTC refund, a single or married worker must meet the following criteria:

- Be able to claim an exemption for a dependent child under age 17 on his or her tax return.
- Have taxable earned income above \$10,500.
- Have either a Social Security Number or an Individual Taxpayer Identification Number. The IRS issues ITIN’s to individuals who are unable to obtain a Social Security Number.

Many working families that qualify for the CTC refund will also be eligible for the Earned Income Tax Credit. For many families that qualify for both credits, the EIC will be larger, but the CTC still will provide a significant income boost.

Taxpayers who have claimed the CTC in past years are reminded they cannot claim the full \$1,000 per child if they received an advance payment check last year. When figuring the credit, they must subtract the amount they got in advance. Failure to do so will reduce and could delay the tax refund claimed. Taxpayers can find their advance payment amount on IRS Notice 1319, which they should have received just before the payment checks. Those who do not have this notice can get the amount through www.irs.gov or by calling the toll-free IRS help line, 1-800-829-1040.

Taxpayers claiming the Child Tax Credit who did not receive an advance payment will get their entire benefit from the credit on their returns.

All new ITIN applicants must use the 2003 revision of Form W-7, Application for IRS Individual Taxpayer Identification Number, available in English and Spanish at www.irs.gov.

Applicants will be asked to submit a federal tax return or otherwise demonstrate a federal tax need for obtaining an ITIN, with their Form W-7 applica-

tions.

The documents required in obtaining an ITIN are listed in the Form W-7 instructions and on the IRS Web site. The appearance of the ITIN is changing from a card to an authorization letter to avoid any possible similarities with a Social Security Number card.

The IRS Walk-In office at 8700 Tesoro Drive; San Antonio will accept Form W-7’s as long as the applicant has a tax return attached and have the correct certificates/documents with the completed Form W-7. The tax return can be a prior year return to be filed.

Advance Child Tax Credit

Many taxpayers received part of their Child Tax Credit in advance last year. They must subtract that amount when figuring the credit for this year’s return.

If you do not remember the amount of your Advance Child Tax Credit received, you may call IRS Customer Assistance at 1-800-829-1040.

Notice 1319 shows the amount. It was sent with the advance child tax payment last summer. Taxpayers who cannot remember the amount of their advance payment and don’t have a copy of the Notice 1319 can:

Visit www.irs.gov and click on “1040 Central” or “Your 2003 Advance Child Tax Credit” or call IRS Customer Assistance at 1-800-829-1040, if they do not have access to the Internet.

You must have three personal identifiers available before you call or access the Internet:

- Your Social Security Number or Individual Taxpayer Identification Number.
- Your 2002 filing status.
- The total number of exemptions claimed on your 2002 federal return. (Exemptions generally include the taxpayer, spouse, and dependents claimed on the return.)

Source: Fort Sam Houston Tax Assistance Center.

Fort Freebies



Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

For Sale: Bose direct reflecting 301 speakers still in box, \$200. Call 945-4237 after 6 p.m.

For Sale: 150 lbs. of recently harvested pecans a \$3 per lb. May purchase all or in partial quantities, price is negotiable. Call 333-2703.

For Sale: Kenmore dryer, \$50 obo; double stroller, \$50 obo; Atari machine, \$50 obo; PS1 machine, \$50 obo; Nintendo 64, \$50 obo. Call 393-2864.

For Sale: 16 ft. ski boat, 70 HP Mercury, \$2,300; hot tub with gazebo, \$1,400. Call 221-0796.

For Sale: Four-wheeled, hand brake walker with seat and basket, \$150; Turkish Rugs (3) 3’ x 5’ \$150 each; 1 Turkish Kilim \$75; Necchi console sewing machine accessories, \$250. Call 659-3629.

For Sale: Weider Pro 575 Gym, squat rack, adjustable bench, lower and

upper pullies, Olympic bar/weights, \$325 obo (see at <http://www.trainer-secrets.com>); bunk beds/twin, red, metal frame, \$30 obo; Foosball 4 ft. by 2 ft. table, \$40 obo. Call Pete at 212-8418.

For Sale: 2002 Saab 95.4 turbo sedan, Hazelwood exterior, all leather interior, moon roof, 47K miles in excellent condition, \$17,900. Call 295-7403 or (830) 935-4944 in the evenings.

For Sale: Curio cabinet, Pier 1 furniture and more. Call. 493-9206.

For Sale: Loft beds, top bed with desk underneath, \$250. Call 223-9501.

For Sale: Entertainment oak cabinet hold 36” TV, \$110; Compaq Presario computer, Intel Celeron, Windows 98OS, 10 GB hard drive, multimedia set up, speakers and other software, \$300 obo. Call 651-4841.

Garage Sale: March 12 and 13, call 659-3629.

What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 46 million hits have been recorded. The users of www.hooah4health.com include not only Reserve Component citizen-soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment. The HOOAH 4 HEALTH newsletter is available online at <http://www.h4hnewsletter.us/>.

Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Medical Instructor/Operations Coordinator - San Antonio. Assists the Chief as needed to perform planning and programming training support. Supervises and supports the synchronization and integration of training support technicians.

Associate-Authorization Coordinator - San Antonio. Collects, processes, and monitors routine to moderately complex claims, healthcare services data. Verify benefits to customers. Thorough knowledge of medical terminology and CPT coding and ICD-9 coding.

DRG Quality Coordinator - San Antonio. Certification as a RHIA, RHIT, or CCS. Experience in inpatient ICD-9 CM coding and knowledge of DRG Prospective Payment Systems. Monitors and reports multiple projects simultaneously.

Resumix workshop for U.S. Army Garrison employees

Accessing Resumix workshop will be held March 23, 8-9:15 a.m. Attendance is by reservation only and limited to eight per class. For information or registration, call 221-2276.

Civilian Workshops scheduled

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshops for DoD civilian employees who are contemplating leaving federal service workforce. Workshops are being offered on the following dates: April 16 and May 5. To register as an ACAP client and to reserve a seat in one of the workshops, call 221-1213. Workshops will be cancelled and clients rescheduled, if there are less than 10 confirmed attendees one week prior to the workshop. Register now and get your friends and family members to do the same.

MWR Ticket office at NCO Club

The MWR Ticket Office is now located in the NCO Club. Hours of operation are Tuesday through Friday, 10 a.m. to 5 p.m. and Saturdays, 10 a.m. to 2 p.m. Tickets can be purchased at the Cashier’s Cage in the main entrance of the club. We currently have the following tickets available at great discount prices: Ripley’s Wax Museum, Space Center (Houston), Splashtown, Natural Bridge Caverns, Fiesta Texas, Disney on Ice, IMAX, San Antonio City Tours. For information, call 226-1663. Additional tickets will be posted as they are received.

‘Rainbow Kids’ seeks talented boys and girls for auditions

Fort Sam Houston’s Youth Services announce the formation of two performing arts groups on Saturday, March 13.

The first group is known as “The Rainbow Kids,” and is open for boys and girls from ages six through 13 years who like to sing, dance, and perform comedy or special acts. The audition will begin at noon at the FSH School Age Services, Bldg. 1705, located off Winans and Dodd Roads across from the chapel.

Children who have special talents should have a routine prepared. The audition will consist of talking to the kids, hearing their voices, learning a simple dance step and answering questions.

You can view the Rainbow Kids Web site at: www.geocities.com/azrainbowkids.

The touring performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of settings. The music includes routines from the 1920s, 30s, 40s, 50s, 60s, Broadway, some modern and country and western. The non-profit group presents free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls, and at patriotic events. This group performs year round with auditions twice a year.

The second performing arts group is called “The Montage Kids” and is designed for kids that prefer acting. They will work in 10-week sessions and will present a program at the end of each session. This group is also open to boys and

girls from six through 13 years. The group will work from scripts that include songs, some dancing, and scenes from famous plays, comedy skits and fun. The “Montage Kids” first meeting will begin at 3 p.m. at the FSH School Age Services, Bldg. 1705.

There are several similar groups around the world, which were developed by Ron Joy. These places include Phoenix and Lakeside, Ariz.; San Bernardino and San Diego, Calif.; Colorado Springs and Fort Carson, Colo.; Stuttgart and Frankfurt, Germany; Hickam Air Force Base, Mililani, Makakilo, Hawaii; Scott Air Force Base, Ill.; Osan Air Base, Korea; Fort Monmouth, N.J.; Wright-Patterson Air Force Base and Trotwood, Ohio; and Fort Bliss and El Paso, Texas.

Many past performers have gone onto professional careers in movies (“Poltergeist” and “Annie”), on television shows (“Happy Days,” “The New Dick Van Dyke Show,” and “Webster”), and on stage (Opryland and with country and western stars). In addition, the Osan group won the 1991 Korea Star Search for best performer under the age of 13 and best performing group for 13 years and under. The group has also done 21 television specials in the format of the old ABC After School Specials.

For information, call the FSH Youth Center at 221-3502 or 221-4882. You may also call the School Aged Services at 221-4466. Ron Joy can be reached at (830) 980-7786 or 221-1043 or via e-mail at rj96707@yahoo.com.

FEAST Homeschool fair, May 14-15

Family Educators Alliance of South Texas will hold their 14th Annual FEAST Homeschool Convention and Curriculum Fair, May 14-15 at the Crossroads Convention Center, I-10 E and Loop 410 E. The sessions will begin at 9 a.m. on both days. For information, contact FEAST at www.homeschoolfeast.com/BookFairmain.htm or call the Fort Sam Houston School Liaison Services office at 295-4806.

Child and Youth Services Central Registration offers many services

3-Day Part Day Preschool Program on hold - The 3-day Part Day Preschool program has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning this program, notify Central Registration to place your name on a list. Fees range from \$151-\$200 per month and will be assessed by calculating total family income.

Family Child Care offers certified childcare - The FCC home-based childcare for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

FCC providers sought - The FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost start up plan. For information, call 221-3820 or 221-3828.

Wait List status - If your child’s name is on the Wait List for full day care at the Child Development Center, check the status of the name on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check the status, call

Central Registration at 221-4871 or 221-1723.

Instructional classes offered - If you are interested in instructional classes such as Tae Kwon Do, Piano or gymnastics, call 221-4882 or 221-4871/1723. For quarterly Babysitter training course or other information, call 221-4871/1723.

After School and Weekend Recreation - School Age Services (Kindergarten - 5th grade) offers After School and Weekend Open Recreation opportunities and After School hourly care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

School Age Services Summer Camp early registration - Early registration at the School Age Services building for Summer Camp will be April 12-16, 9 a.m. to 6 p.m. for active duty personnel only. For DoD civilians/contractors and retirees, registration will be held April19-23, 9 a.m. to 6 p.m. After those dates all registration will be at Central Registration, Bldg. 2797. To register for Summer Camp children must have completed kindergarten, provide updated immunizations, \$18 dollar registration fee and provide proof of income.

ADOT recruiting prospective engineers

The Arizona Department of Transportation state engineer’s office is recruiting for the 2004 Summer Engineering Program. This program is for current engineering students who are interested in working in a professional engineering environment. To be eligible, applicants must be either:

- A high school graduate who has been accepted at a university or college and is a declared Civil Engineering major.

- A current college or university student who is a declared Civil Engineering major.

Persons hired for this program will perform duties related to the design and construction of the state highway system. Deadline to submit a resume is April 1. For information, call (602) 712-8188 or e-mail to lsilva@dot.state.az.us or the Fort Sam Houston School Liaison Services Office at 295-4806.

Robert G. Cole Jr./Sr. High School Honor Roll

The following Robert G. Cole students have attained academic success for the fourth six weeks of the 2003–2004 school year:

A Honor Roll (Grade of 90 or higher in all classes)

7th Grade

Kelsey Charlton
Casey Gresenz
Kara Kahue
Kathryn Rarig

8th Grade

Carla Cartagena
Jennifer Gibson
Benjamin Guerrero
Wesley Lavender
Patrick Newcomer
Christopher Swiderski
Franklin Thompson

9th Grade (none)

10th Grade

Caitlin Gresenz
Amy Rarig

11th Grade

Caitlin McCoolle
12th Grade
Brandon Childers
Amanda Collyer
Jovan Ebalaroza
Ciara Goodwin
Sean Greszler
Ashley Mullins
Cathleen Waring
Cyrelle White

A/B Honor Roll (Grade of 80 or higher in all classes, at least one grade of 90 or higher.)

7th Grade

Ramon Alvarez-Diaz
Akaia Brown
Samantha Cherry
Kassandra Conard
Catherine Davis
Brandi England
Danielle Gosch
Alexandra Mazak
Stefan McCarver
Elena Rothfuss
Christopher Sawyer
Peter Simpkins
Kaitlan Vasquez

8th Grade

Daniel Barahona
Samantha Benson
Brent Bentley
Monique Bradley
Brandy Godfrey
Christina Gonzales
Samantha Goodwin
Lindsey Hatton
Preston Hoffman
Scott Jee
Shaniquiea Johnson
Bethany Langford
Timonthy McCoolle
Dustin Reitstetter
Andrew Santee
Jennifer Sees
Kennisha Sharp
Lukas Sheridan
Tucker Walton

9th Grade

Roy Aviles
Alicia Cherry
Sarah Clark
Tiara Ellison
Allison Erickson
Brendan Ford
Robert Hewitt
Brad Kelley
Arvin King
Thomas Leeds
Lionel Lowery III
Michelle McClendon
John Millnik
Stephanie Rivera
Jacob Young
10th Grade
Ashley Ahrens
Elizabeth Bagg
Amanda Bray

Jeremy Cockfield
Constance Davis
Brittany Harris
Ashley Hatton
Shaunteia Johnson
Stephen Lagutchik
John Luciano
Dajuon Mobley
Leah Morris
Matthew Newcomer
Benajamin Reitstetter
Steven Rhodes
Sara Salisbury
Jaimie Siegle
Israel Tovar
Kayla Villarreal
Whitney Weathersby
Jason West

11th Grade

Jonathan Brown
Sarah Caouette
Benjamin Carter
Sean Chislett
Joshua Collins
Scott Gibson
Bjoern Goedelt
Stephen Kaminski
Ashley Kelley
Carlos Rodriguez
Jonathan Simpkins
Nadine Willis

12th Grade

Felicia Armstrong
Michael Biggerstaff
Jose Burgos
Martin Carpenter
Tasha Carr
Marschelle Cochran
Mekel DeGroff
Allie Dochnal
Denny Harris, Jr.
Lesleigh Hayes
Charissa Kahue
Monique Lane
Megan Loucks
Vanessa Medina
David Parker
Mallory Plasentillo
Shatora Robertson
Jonathan Santee
Kenneth Simmons
David Talamantez
Alonso Velarde
Melissa Velez

Fort Sam Houston ISD Weekly Campus Activities

Spring Break, March 15-19
School resumes March 22





Photo by Esther Garcia

B Company, Academy Battalion gets new first sergeant

Incoming 1st Sgt. Kuwanda Dixon, Capt. Francisco Romero, company commander, and outgoing 1st Sgt. Mario Curet prepare for the change of responsibility ceremony for B Company, Academy Battalion. Family and friends attended the ceremony, which was held March 5 at Blesse Auditorium. Holding the company guidon is Staff Sgt. Robert Loftis.

Army Family Action Plan Conference Delegate Call

The Fort Sam Houston AFAP Conference will be held March 25-26. This conference provides a forum for community members to identify issues that affect the quality of life for Soldiers, retirees, family members, and DA civilians, and provide recommendations for resolution of these issues. We are looking for representation from the DA civilian workforce, spouses of enlisted personnel, NCOs, and officers, and retirees to serve as delegates. Units will identify delegates representing the Soldier population. The delegates must attend the two-day conference, March 25-26, 7:30 a.m. to 4:30 p.m. each day and training March 18, 1-4:30 p.m. To volunteer, call the AFAP Program Manager, Sue York, at 221-2705.



Rampage raises \$11,050 for San Antonio’s military community

The San Antonio Rampage of the American Hockey League announced March 6 that the camouflage jerseys auction held during Military Appreciation Night on Feb. 27, partnered with Armadillo Homes and the Spurs Foundation raised \$11,050. Proceeds from the auction will benefit San Antonio’s military community, that include the Lackland Air Force Base Family Support Center, the Randolph Air Force Base Youth Services, the Fort

Sam Houston Army Community Service and the American Red Cross. The funds will assist Soldiers and their families with financial and emotional support. The bidding took place at Express-News Headlines in the SBC Center after the game against the intra-state rival and defending AHL Calder



Cup Champion Houston Aeros. All of the Rampage players’ jerseys were auctioned off generating an average of \$581 each. The highest bid went to captain Lee Goren’s jersey for \$1,000, while left wing Josh Olson’s and goal-tender Travis Scott’s jerseys generated \$800 and \$700 respectively.

The nonprofit 501 Spurs Foundation was established to generate goodwill and financial support for economically, emotionally and/or physically disadvantaged youth in south Texas. Since its inception in 1988, the nonprofit Spurs Foundation has donated more than \$7 million in cash and contributions to deserving south Texas children. Source: San Antonio Rampage news release.

Recreation and Fitness

MWR is on the Web - Find all the latest news on MWR’s programs, facilities and activities at www.fortsamhoustonmwr.com.

Aerobathon March 13 - Get moving for three hours of non-stop aerobics fun including step moves, abs and low impact aerobics. The next aerobathon will be held March 13, 9 a.m. to noon at the Jimmy Brought Fitness Center. Cost is \$10 and participants will receive a T-shirt.

March Classic Basketball Tournament, March 13-14 - Come and cheer the teams at the annual March Classic Basketball Tournament, March 13-14, 8:30 p.m. at the Jimmy Brought Fitness Center.

Youth Horsemanship Program, March 15-19 - If your child is interested in learning how to ride a horse, the youth horsemanship camp may be what you’re looking for! Youth ages 7-18 will learn proper riding form as well as a variety of care techniques. The next camp will be held March 15-19, 9 a.m. to 3 p.m. each day at the Fort Sam Houston Equestrian Center. Cost is \$165. For registration information, call 224-7207.

Fitness Run, March 20 - Join the fun at the monthly fitness run/walk, March 20 starting at 10:30 a.m. outside the Jimmy Brought Fitness Center. This event is free and open to the public. Participants receive a T-shirt. For information, call 221-2020.

BG Johnson 10k Race, March 21 - Join the BG Johnson Memorial 10k race and 5k fun run, March 21, 7:30 a.m. starting from the Brigade Gym. Download a registration form at www.fortsamhoustonmwr.com or pick one up from the Jimmy Brought Fitness Center.

Camp Bullis Catfish Pond now open - The Camp Bullis pay-as-you-go catfish pond is now open Saturdays and Sundays from noon to 6 p.m. All catfish are sold by live-weight. The pond is stocked twice each year with 3 to 5 pound channel catfish. A fishing license is not required and there is no daily fee.

60 Days of Fitness - A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program requires you to work out 45 of 60 days and includes a seven-page fitness assessment, body fat analysis and

Intramural Basketball League Standings

Final Standings

Team	W	L
BAMC	15	1
DFAS	14	2
STB	10	6
Acad Bn	9	7
5th Recruiting	8	8
Navy/Marines	7	9
NCO Academy	5	11
418th Med Log	3	13
LEC	1	15



March 2

BAMC	68	Navy/Marines	59
Navy/Marines	52	Acad Bn	51

BAMC Team #1 wins the Intramural Volleyball Pre-season Tournament

BAMC Team #1 won the tournament held the last two weeks in February beating 5th Army 2 to 1. BAMC Team #1 went undefeated throughout the Tournament. The Intramural Volleyball season started March 1 and will run through mid-April. Join an intramural team! For information, call Earl Young at 221-1180.

body measurements. You will also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

Weight Loss Classes - Held every Tuesday from 10-10:30 a.m. and 5-5:30 p.m. For information, call Lucian Kimble at 221-2020.

Youth Happenings

Exploring Life for Middle School students - Youth Services offers an After School program for Middle School youth grades 6-9. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the Elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on homework, participate in clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

Youth Service Volunteers - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Trip to Enchanted Rock - Teens grades 9-12 will go hiking to Enchanted

Rock on Monday, March 15. They will leave the Youth Center at 10 a.m. and will return about 5 p.m. All Teens must sign up to go by Thursday, March 11.

Trip to Movies - The Middle School program will take a trip to the Galaxy Theater on Friday, March 12, 7-10 p.m. The cost is \$4.50 for ticket. If youth want snacks, additional money will be needed. Sign up limited so sign up now and get permission slip from the YS front desk. Sign up deadline Thursday March 11.

Baseball Registration - Youth Services baseball, softball and T-ball registration continues until March 22. Registration is from 10 a.m. to 7 p.m., Monday through Friday. Cost is \$45 for 5-18 year olds and \$25 for 3-4 year olds. The season will run from the end of March to the beginning of June. Birth certificates, and physicals are required. All participants must be registered at the Child and Youth Services. For information, call 221-3502.

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies,

and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours are youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Cheerleading Clinic - Youth Services will offer a Cheerleading Clinic for girls and boys ages 9-15 on Mondays from 6:30-7:30 p.m. at the Youth Center, Bldg. 1630. The Clinic will be held now through July 26. The cost is \$15 per month, per person. If you are interested in learning the principals and mechanics of cheerleading, having fun and making new friends, the Cheerleading Clinic. Registration will be held at the Youth Center. Parents are asked to attend on March 8. For information, call 221-3502.

Alternative Dance Classes - Join the Middle School and Teens for Alternative Dance Class Tuesdays from 5-6 p.m. Dance types include salsa, hip-hop, and country.

Teen Dance - There will be a dance for grades 9-12 at the Youth Center on Saturday, March 13. The cost is \$2 for members, \$3 for nonmembers. Music provided is a variety and refreshments will be provided.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 7-10 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

Tae-Bo - Join the YS staff as they con-

duct Tae-Bo Classes every Wednesday from 4:30-5 p.m. Spring is just around the corner so come get in shape with us.

Teen Council - There will be a Teen Council Meeting On Saturday, March 13, 4-5 p.m. at the Youth Center. All Teen Council members are asked to attend. Council members will be working with the teen staff to plan summer activities.

Saturday Shuttle - YS offers a Saturday shuttle to and from the Youth Center. There is no cost to this shuttle but parents of children 9 and under must wait for the van and sign them into and out of the van with the YS staff member. The Shuttle Schedule is as follows:

3 p.m. - Leave the Youth Center
3:07 p.m. - Gorgas Circle (picnic tables)
3:10 p.m. - Schofield/Dickman on Schofield
3:15 p.m. - Reynolds and Dickman on Reynolds
3:20 p.m. - Officer’s Club tennis Courts
3:25 p.m. - Artillery Post Road at Bus Stop
3:30 p.m. - Easley/Infantry Post Bus Stop 660
3:42 p.m. - Patch Road (playground)
3:46 p.m. - Patch Road Shoppette
Parking lot
3:50 p.m. - Foulois/Scott Road Harris Heights
3:54 p.m. - Forage/Foulois
The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

Bicycle safety

All personnel on Fort Sam Houston, including children, must wear a bicycle helmet while riding a bicycle, as outlined in Department of Defense Instruction 6055.4, dated July 1999.

AMEDDC&S and Fort Sam Houston Regulation 190-5, Motor Vehicle Traffic Programs, also states the bicyclist:

- must obey all traffic signals, signs, and other devices,
- will not carry any other person on a bicycle
- when riding at night, bicyclists will be equipped with bicycle headlights and taillight



¿Que Pasa?



Community events

‘Steel Magnolias’ at the Harlequin now through March 27

The Harlequin Dinner Theatre at Fort Sam Houston will feature “Steel Magnolias,” a play by Robert Harling, Wednesday through Saturday evenings now through March 27. Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discounts for military and students. The house opens for cocktails and salad bar at 6:15 p.m., dinner is served from 6:30-7:30 p.m. and show time is 8 p.m. For reservations, call 222-9694 or visit the theatre in advance. The box office is open Monday through Friday, noon to 5 p.m. and Saturdays, 1-5 p.m. Theatre is handicapped accessible.

Randolph Roadrunners Walk, March 13

The Randolph Roadrunners Volksmarch club will host a 10-kilometer (6.2 mile) walk starting at Roosevelt Park at 331 Roosevelt Street in San Antonio. For information, call Ellen Ott at 525-8574 or e-mail ellenotter@cs.com. Also check the club’s Web site at www.geocities.com/randolphroadrunners.

Communicators hold speech contest, March 18

The Cloverleaf Communicators, ITC, will be conduct the annual speech contest March 18, 11:30 a.m. to 1 p.m. in the San Antonio Credit Union Conference Room located on Stanley Road. Cloverleaf Communicators meet on the first and third Thursday of each month, 11:45 a.m. to 1 p.m. The winner at local level will move on to compete at council level on May 1 at the FSH Officers Club. For information, call Mariea Shelton, 916-3406.

Society for the Preservation of Historic FSH meeting, March 18

The Society for the Preservation of Historic Fort Sam Houston general meeting will be held March 18, noon at Stilwell House, 626 Infantry Post. Jeffrey F. Addicott, professor of law at St. Mary’s University School of Law and author of Winning the War on Terror, will be the guest speaker. The book will be available for sale.

San Antonio Chapter of MOAA luncheon, March 24

The San Antonio Chapter of the Military Officers Association of America, formerly The Retired Officers Association, will host a luncheon at the Fort Sam Houston Officers’ Club March 24. Social hour starts at 11 a.m. followed by lunch at noon. The cost is \$13. The speaker will be Dr. Whitney, a cardiologist. For information or reservations, call 228-9955 or 228-9956.

Alamo Chapter ASMC luncheon, March 25

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to a luncheon March 25, 11 a.m. to 1 p.m. at the Mulligan’s Café, Fort Sam Houston Golf Club on Harry Wurzbach Road. Guest speaker will be Randy Carroll and Pam Tyler, KJ 97 Morning Show. RSVPs required NLT March 19. For information, call Marlene Quick, at 221-7148.

7th Annual Komen San Antonio Race for the Cure, March 27

The 7th Annual Komen San Antonio Race for the Cure

will be held March 27 at the Alamodome. Recruit your military team of 10 or more and enjoy easy advance registration and early team Race packet pick-up. There will be an award for the largest military team. For information on team registration or to volunteer, log on to www.sakomen.org or call the Race Hotline at 822-8700.

Installation Volunteer Recognition Ceremony and Reception April 14

The Fort Sam Houston Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception on April 14, 2-4 p.m. at the NCO Club. For information, call your Volunteer Advisory Council Representative or Kim Miller, Installation Volunteer Coordinator at 221-2705/2418.

Health Protection Conference returns to New Mexico, Aug. 9-12

The Seventh Annual Force Health Protection Conference will return to the Albuquerque, N.M., Convention Center Aug. 9-12, with pre-conference sessions set for Aug. 6-8. For information and registration, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link <http://chppm-www.apgea.army.mil/fhp/>.

Volunteer

Cole Cougar Pride Club sells Fiesta parade tickets

The Cole Cougar Pride Club, the school’s teacher-parent organization, is selling tickets to the Fiesta 2004 parades. The Battle of Flowers parade will be held Friday, April 23 with the vanguard starting at 11:50 a.m. and the parade at 12:45 p.m. The Fiesta Flambeau parade will be held the evening of Saturday, April 24, with the vanguard at 6:50 p.m. and the parade at 7:35 p.m.

Seats are \$7 each and are located along the 100 block of East Commerce St. Call Shari Mullins at 226-9568 to purchase your seats. The Cole Cougar Pride Club conducts a variety of events to support students and teachers. All profits from the ticket sales benefit the students, in the form of scholarships, the “C” Awards presentations, and Project Cougar, which in the past has donated funds to acquire the radio station transmitter, benches, and other items benefiting the school.

High School Exchange Program seeks host families

Volunteer host families are needed to host international exchanges students for the upcoming 2004-2005 academic year. Students speak English; have spending money and medical insurance. Host families provide a bed, meals, and a caring environment. For information, call Yvette Coffinan at (800) 942-3738.

BAMC seeks ‘Partners in Healing’ volunteers

Brooke Army Medical Center is looking for upbeat volunteers to become “Partners in Healing.” BAMC wants those who understand the hardships that Soldiers experience during separation from loved ones while coping with illness or injury. Compassionate and understanding volunteers are also needed to tend to the special needs of hospitalized seniors.

BAMC currently offers 130 positions ranging from clerical, administrative and direct staff support and will match your skills and interests with administrative or patient care needs. No experience is necessary. For information, call the Office of Volunteer Services at 916-5083.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. This camp is by invitation only. Boys and girls ages 10-19 are eligible to apply. Past participants include Michael Jordan, Tim Duncan, and Vince Carter. Players from 50 states and 11 foreign countries attend the camp. Basketball scholarships are possible for players selected to the All-American team. For a free brochure, call (704) 373-0873 anytime.

Education

Direct commissioning program available

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors’ degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 North New Braunfels, announces new hours of operations: Monday through Thursday 6:30 a.m. to noon and 1-4:15 p.m. Friday 7 a.m. to noon and 1-3:45 p.m. The center is closed from noon to 1 p.m. Have your registration information and cost when requesting tuition assistance. Also have a Degree Plan from the school you plan to attend. Guidance Counselors are: Jane Moon, 221-1373, Richard Rodriguez, 221-1429, Hazel Rockeymoore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Meetings

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

USAWOA - Lone Star Chapter meetings

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets at 7 p.m. on the third Tuesday of each month at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, call WO1 Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil.

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Retired Sgt. Maj. Howard T. Ray, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Hector Viczaino at 221-7305.

Calling all single Soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For information, call BOSS President Kimberly Vaughan at 916-1772 or BOSS Program Manager Ben Paniagua at 224-7250.